

# Optimizing Potential – Beating Burnout

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**LIVESTREAM**

**December 4, 2020  
1:00 – 5:00 p.m. CST**

**Presenter:** Gregory P. Couser, M.D., M.P.H.

## **Program Schedule**

- 1:00 p.m. Introduction and Background**
- 1:30 p.m. Invincibility**
- 2:00 p.m. Secret Identity**
- 2:45 p.m. Mental Projection – I**
- 3:00 p.m. Break**
- 3:20 p.m. Mental Projection – II**
- 3:35 p.m. Shapeshifting**
- 4:00 p.m. Super Allies**
- 4:40 p.m. Questions and Answer Session**
- 5:00 p.m. Adjourn**