WILMA

Women in Leadership, Medicine and Academics 2023

Mayo Clinic Health System, Eau Claire
Thursday, April 27, 2023

7:00 - 8:00 am	Breakfast and Registration
8:00 – 8:10 am	Welcome & Course Overview – Sue Cullinan, MD and Amy Rantala, MD
8:10 – 8:15 am	Special Guest - Amy Williams, MD

Strategies & Tools for Leading More Effectively		
8:15 – 8:45 a.m.	The Upside of Stress	Kelly McGonigal, PhD
8:45 – 9:00 a.m.	Q & A	Sue Cullinan, MD
9:00 – 9:30 a.m.	Engaging Men as Allies	Josh Murphy, JD
9:30 – 10 a.m.	Introverted Leader	Annie Sadosty, MD
10 – 10:20 a.m.	Q & A for Murphy & Sadosty	Sue Cullinan, MD

10:20 –10:40 am	Break and Stretch

Strategies for Success & Advancing Your Academic Rank		
10:40 – 11:10 a.m.	The Many Roads to Success – Finding Your True North	Elise Carey, MD
11:10 – 11:40 a.m.	Navigating Academic Rank	Darcy Reed, MD
11:40 – 11:45 a.m.	Introduce Breakout Groups	Amy Rantala, MD
11:45 – 12:10 p.m.	Zoom & Live Breakout Groups: Targeted Questions	
12:10pm – 12:30 pm	Q&A With Speakers – Sent by Participants/Groups	Amy Rantala, MD

12:30 – 1:00 p.m.	Lunch Break and Stretch

Tackling Barriers & Finding Connections in Your Career

1:00 – 1:25 p.m.	Finding Joy through Movement	Kelly McGonigal, PhD
1:25 – 1:35 p.m.	Q & A	Jill Lenhart, M.D.
1:35 – 1:45 p.m.	Joy Moves	Kelly McGonigal, PhD
1:45 – 2:15 p.m.	Women in Leadership	Jay-Sheree Allen, MD
2:15 – 2:35 p.m.	Career Journey	Amy Rantala, MD
2:35 – 2:55 p.m.	Zoom & Live Breakout Groups: Targeted Questions	
2:55 – 3:15 p.m.	Q & A for Allen and Rantala -Sent by Participants/Groups	Terri Nordin, MD

Moving Forward

3:15 – 3:30 p.m.	Wrap-Up & Action Plan	Sue Cullinan, MD Amy Rantala, MD

Women in Leadership, Medicine and Academics 2023 Planning Committee:

Susan Cullinan, M.D. | *Emergency Medicine*
Michele Eberle | *Administration for Primary Care*
Sara Elliott, M.S.N., R.N | *Nursing*
Jill Lenhart, M.D. | *Family Medicine*
Melanie Mommaerts, R.Ph. | *Pharmacy*
Terri Nordin, M.D. | *Family Medicine Residency*
Amy Rantala, MD | *Sports Medicine*