

Optimizing Potential 2023

LIVESTREAM

**November 3, 2023
8:00 a.m. – 12:00 p.m. CST**

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

Program Schedule

- 8:00 a.m. Introduction and Background on Burnout**
- 8:30 a.m. Invincibility**
- 9:00 a.m. Secret Identity**
- 9:45 a.m. Mental Projection – I**
- 10:00 a.m. Break**
- 10:20 a.m. Mental Projection – II**
- 10:45 a.m. Shapeshifting**
- 11:20 a.m. Super Allies**
- 11:40 a.m. Questions and Answer Session**
- 12:00 p.m. Adjourn**