

## AACE (Advancing Academic Career Excellence for Women)

**Tuesday, March 11, 2025 – Kinne Auditorium**  
**Theme: Developing Teams with Expertise**

<b>8:00 - 8:25am</b>	Breakfast and networking
<b>8:25am - 8:35am</b>	Welcome and Opening Remarks ➤ <b>AJ Dunn (Chief Administrator Officer – Mayo Clinic Florida Campus)</b>
<b>8:35-8:45am</b>	<b>Special Guest – George Bartley MD – Former CEO of Mayo Clinic in Florida 2002-2008</b>
<b>8:45am - 9:45am</b>	<b>Keynote speaker</b> ➤ <b>Anjali Bhagra, M.D., M.B.A.– Chair of Equity, Inclusion and Diversity of the Mayo Enterprise</b>
<b>9:45 - 10:15am</b>	Q&A with <b>Anjali Bhagra, M.D., M.B.A.</b>
<b>10:15 - 10:45am</b>	<b>Meaning, Purpose, and Lifestyle Empowerment</b> ➤ <b>Dawn M. Mussallem, D.O.</b>
<b>10:45 - 11:00am</b>	Q&A with Dawn M. Mussallem, D.O.
<b>11:00 - 11:30am</b>	<b>Navigating Research opportunities</b> ➤ <b>Alfredo Quinones-Hinojosa, M.D. (Dean of Research at Mayo Clinic Florida Campus)</b>
<b>11:30 - 11:45am</b>	Q&A with Alfredo Quinones-Hinojosa, M.D.
<b>11:45 – 12:00noon</b>	Break – get your lunches and come back to your table
<b>12:00 – 2:00pm</b>	<b>20 min each topic:</b> 1. Academic productivity (Aaron C. Spaulding, Ph.D.& Ami A. Grek, D.N.P., APRN) 2. How to develop a need/research question: (Dacre Knight, M.D.& Yan Bi, M.D., Ph.D.) 3. Innovation component (Yemi Sokumbi, M.D.) 4. RE-AIIMS (Alexis T. Kainz, FACHE & , Aleksandra Murawska Baptista, M.D.) 5. Mentor/Mentee Relationship (Christy I. Collins, D.N.P., APRN) 6. Coaching/Imposter Syndrome (Mindy McManus, MEd, PCC / Tina Ardon, M.D.)
<b>2:00 - 3:00pm</b>	Breakout sessions (30min each): ❖ Leadership opportunities and resources (Margaret M. Johnson, M.D., Caroline S. Russell, FACHE) ❖ Writing groups and writing skills (Tara J. Brigham, M.L.I.S., AHIP and Young M. Erben, M.D.)
<b>3:00 – 3:30pm</b>	<b>First step in the development of a Team with Expertise – Building Executive Presence</b> ➤ <b>Heidi L. Dieter (Chair – Department of Research Administration)</b>
<b>3:30 – 3:45pm</b>	Q&A with Ms. Heidi Dieter
<b>3:45 - 4:15pm</b>	<b>Nuts and Bolts of Academic Promotion</b> ➤ <b>Evette S. Radisky, Ph.D.</b>
<b>4:15 - 4:30pm</b>	Q&A with Evette S. Radisky, Ph.D.
<b>4:30 - 5:30pm</b>	<b>Cooking demo: Be A Plant-Based Woman – Jane Esselstyn, RN</b>

## Jane bio

Jane Esselstyn is a prominent advocate for whole-food, plant-based nutrition and a dynamic educator in the field of lifestyle medicine. Known for her engaging and practical approach to health, she works tirelessly to empower individuals and communities to make informed, sustainable dietary choices. She is the daughter of Dr. Caldwell Esselstyn Jr., a leading figure in reversing heart disease through plant-based nutrition, and has continued the family's legacy of promoting health through diet.

Jane co-authored several influential books, including *The Engine 2 Cookbook* and *Be a Plant-Based Woman Warrior*, alongside her mother, Ann Esselstyn. These works focus on providing simple, delicious, and accessible recipes to support plant-based living, particularly for women and families. Jane's work is rooted in evidence-based practices, with a focus on preventing and reversing chronic diseases such as heart disease, diabetes, and cancer.

As a former health and sexuality educator, Jane brings a unique energy and humor to her presentations, workshops, and cooking demonstrations. She has a talent for demystifying plant-based eating and making it approachable for people of all ages. Her ability to connect with her audience and foster enthusiasm for plant-based nutrition has made her a sought-after speaker at conferences, retreats, and wellness events.

Jane is also a key contributor to the *Esselstyn Foundation*, which focuses on spreading awareness about the benefits of a plant-based lifestyle through education, research, and community outreach. She is a champion for the role of nutrition in fostering not only physical health but also environmental sustainability and ethical living.

Her vibrant personality, combined with her expertise, makes her a beloved figure in the plant-based community. Jane continues to inspire countless individuals to embrace healthier lives through the power of plants.