

## Balancing Act: Battling Burnout and the Art of Self-Care for Program Coordinators

Thursday, February 29, 2024 ~ 1:00-2:00 p.m. Eastern

~ Please note that this is a Thursday and not Tuesday ~

Program Coordinators (PCs) are a valuable component to the GME leadership team. They manage the day-to-day operations of the program and serve as an important liaison and facilitator between the learners, faculty and other staff members. They also experience significant burnout and fatigue while managing these responsibilities. Join us for our upcoming webinar dedicated to nurturing the mental, emotional, and professional wellness of coordinators. The benefits of self-care are tenfold - not only for mental and physical health but also to decrease burnout and improve coordinator happiness. When PCs take vacation to disconnect and recharge, scientific evidence states this leads to healthier, more productive lives. Time away refuels mental focus and creates the work-life balance we all need to be successful.

### Objectives:

At the conclusion of the session, learners should be able to:

- Understand Wellbeing Survey Results - Participants will be provided with the key findings from the ACGME Coordinator wellbeing survey, gaining insights into the overall wellbeing of program coordinators across the country. This includes identifying areas of strength and areas that may contribute to burnout.
- Recognize Signs and Causes of Burnout - Participants will develop the ability to recognize early signs and common causes of burnout, and the need for self-care. This includes understanding the impact of workplace culture, workload, and variable factors on wellbeing as revealed in the survey results.
- Implement Strategies for Battling and Managing Burnout - Participants will acquire practical strategies and tools to address and mitigate burnout. This includes identifying opportunities and ways to navigate disconnecting.

### Speakers:

**Bret Stevens, EdD, MBA, C-TAGME** is the Associate Designated Institutional Official for McLaren Oakland and one of the ACGME Institutional Coordinators for McLaren Health Care. He serves as the Chair-Elect for AHME's Council of Institutional Leaders and is a member of the ACGME Coordinator Advisory Group. Dr. Stevens was the 2022 recipient of the ACGME GME Institutional Coordinator Excellence Award.

**Elaine Danyew, C-TAGME** is Senior Program Coordinator at Dartmouth Health. She has been working in GME for over 15 years and currently oversees the Addiction Psychiatry Fellowship and Adult Psychiatry. She is currently a member of the AHME COPAC Leadership Team and previously served on the TAGME Executive Board and as the Chair of the Association of Dermatology Program Coordinators.

**Sadhvi Khanna, MBA, MPH** is the Medical Education Manager in the Department of Anesthesiology at Yale University School of Medicine and is responsible for the oversight of the residency and fellowship programs as well as medical education. She joined AHME in 2019 and is a member of the AHME COPAC leadership team.

**Moderator: Kimberly Ranagan, C-TAGME** is the Lead Medical Education Specialist at Northwell Health. She is the Chair-Elect of AHME's Council of Program Administrators and Coordinators (COPAC).

**Register online now at [www.ahme.org](http://www.ahme.org)**

**AHME Members: Only \$75 by February 15** -- \$100 after 02/15/24

**Non-Members: Only \$100 by February 15** -- \$125 after 02/15/24

\* Session fee includes one phone line, one device for unlimited listeners.

**Cancellation Policy:** Cancellations made up to 3 business days before the webinar date are subject to a 25% service fee. Registrants who do not participate in the session, and those who do not cancel before 3 business days before the webinar date are liable for the full fee. Only written requests for cancellation will be accepted. Cancellations must be made by fax at 724-864-6153 or by email ([tricia@ahme.org](mailto:tricia@ahme.org)).

**Contact AHME Headquarters with questions – 724-864-7321 or [info@ahme.org](mailto:info@ahme.org)**