

# CWIM 2020 VIRTUAL CONFERENCE



## WEST COAST AGENDA

### THURSDAY, JUNE 4TH - WORKSHOPS

PST	TITLE
7 - 10 am	<b>Healing Relationships</b> Dr. Sue Johnson
8 - 10 am	<b>Mindfulness in Medicine</b> Drs. Joanna Cheek & Erin Burrell
8:30 - 10 am	<b>Hair Bits &amp; Bobs</b> Kate Jackson & Khadija Jaii
10:15 - 11:45 am	<b>Hair Bits &amp; Bobs</b> Kate Jackson & Khadija Jaii
11 am - 12 pm	<b>Pitch Perfect</b> Jennifer Aitken
11 am - 1 pm	<b>MasterClass in Parenting</b> Alyson Schafer
12 - 1:30 pm	<b>Make "Em Laugh: Writing Course</b> Dr. Melissa Yuan-Innes
1:45 - 3:15 pm	<b>Achieving Financial Independence</b> Drs. Jane & Paul Healey
1:45 - 3:15 pm	<b>Throw Out Your Spanx!</b> Dr. S. Rutherford & Jake Wright

### THURSDAY, JUNE 4TH - CONFERENCE

PST	TITLE
3:30 pm	<b>Introduction &amp; Welcome!</b> How do I navigate a virtual event?
3:45 pm	<b>Thriving While Surviving: Dealing with the COVID Pandemic</b> Dr. Mamta Gautam
4:30 pm	<b>Your Story, Your Future: Women Physicians' Unique Challenges and Lessons Learned in Finance</b> Ingrid Macintosh Sponsored Talk - TD Canada Trust
5:30 pm	<b>CWIM AWARDS &amp; Virtual Cocktails</b>



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### FRIDAY, JUNE 5TH - CONFERENCE

PST	TITLE
7:15 am	<b>Mentorship Meet-Up</b> - must be registered
8:15 am	<b>Welcome</b> Meet our MC! Dr. Chandi Chandrasena
8:30 am	<b>Get Your QUIT Together! Do More of What You Love &amp; Less of What You Don't</b> Dr. Lynn Marie Morski
9:30 am	<b>Break - Visit Our Exhibit Hall!</b>
10 am	<b>The Sense &amp; Science of Love: What Every Couple Needs To Know</b> Dr. Sue Johnson
11 am	<b>Brunch! Time to visit our Exhibit Hall!</b>
12 pm	<b>You're Ruining My Life: Surviving the Teenage Years With Connected Parenting</b> Jennifer Kolari
1 pm	<b>Break - Visit Our Exhibit Hall!</b>
1:15 pm	<b>The Power of Less: Minimalism for Professional Women</b> Rose Lounsbury
2:15 pm	<b>Break - Visit Our Exhibit Hall!</b>
2:45 pm	<b>A Healthy Response to Climate Change: From Impact to Opportunity</b> Dr. Courtney Howard
3:45 pm	<b>Meet our Sponsors - Exhibit Hall! (west coast edition)</b>
5:30 pm	<b>Girls Just Wanna Have Fun! 80s Dance Lesson - EAST</b>
8:30 pm	<b>Girls Just Wanna Have Fun! 80s Dance Lesson - WEST</b>

### SATURDAY, JUNE 6TH - CONFERENCE

PST	TITLE
6:45 am	<b>CWIM Workout with Jake Wright</b> - 30 minutes
8 am	<b>Move Over Inner Critic! I've Got This!</b> Monica Olsen
9 am	<b>The Tech Solution: Empowering you to thrive in a Digital World</b> Dr. Shimi Kang
10 am	<b>Brunch - Visit Our Exhibit Hall!</b>
11 am	<b>The Elana Fric Memorial Lecture: Parenting Through Crisis, in times of Change, Loss &amp; Grief</b> Barbara Coloroso
12:15 pm	<b>Break - Visit Our Exhibit Hall!</b>
12:45 pm	<b>CWIM Second Annual Shake-It-Off Round Tables: Sharing our Life Struggles &amp; Successes</b>
1:30 pm	<b>Break - Visit Our Exhibit Hall!</b>
2 pm	<b>Dare to Lead Yourself With Courage</b> Suzanne Rlcard-Greenway
3 pm	<b>Me-No-Pause: A Short Primer on Surviving the Transition</b> Speaker TBD
3:45 pm	<b>Bubbles &amp; Bye-Byes! Get your Bubbly!</b>
4 pm	<b>Meet our Sponsors - Exhibit Hall! (west coast edition)</b>

# CWIM 2020 VIRTUAL CONFERENCE

## EAST COAST AGENDA

### THURSDAY, JUNE 4TH - WORKSHOPS

EST	TITLE
10 am - 1 pm	<b>Healing Relationships</b> Dr. Sue Johnson
11 am - 1 pm	<b>Mindfulness in Medicine</b> Drs. Joanna Cheek & Erin Burrell
11:30 am - 1 pm	<b>Hair Bits &amp; Bobs</b> Kate Jackson & Khadija Jaii
1:15 - 2:45 pm	<b>Hair Bits &amp; Bobs</b> Kate Jackson & Khadija Jaii
2 - 3 pm	<b>Pitch Perfect</b> Jennifer Aitken
2 - 4 pm	<b>MasterClass in Parenting</b> Alyson Schafer
3 - 4:30 pm	<b>Make "Em Laugh: Writing Course</b> Dr. Melissa Yuan-Innes
4:45 - 6:15 pm	<b>Achieving Financial Independence</b> Drs. Jane & Paul Healey
4:45 - 6:15 pm	<b>Throw Out Your Spanx!</b> Dr. S. Rutherford & Jake Wright

### THURSDAY, JUNE 4TH - CONFERENCE

EST	TITLE
6:30 pm	<b>Introduction &amp; Welcome!</b> How do I navigate a virtual event?
6:45 pm	<b>Thriving While Surviving: Dealing with the COVID Pandemic</b> Dr. Mamta Gautam
7:30 pm	<b>Your Story, Your Future: Women Physicians' Unique Challenges and Lessons Learned in Finance</b> Ingrid Macintosh Sponsored Talk - TD Canada Trust
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### FRIDAY, JUNE 5TH - CONFERENCE

EST	TITLE
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10:15 am	<b>Mentorship Meet-Up</b> - must be registered
11:15 am	<b>Welcome</b> Meet our MC! Dr. Chandi Chandrasena
11:30 am	<b>Get Your QUIT Together! Do More of What You Love &amp; Less of What You Don't</b> Dr. Lynn Marie Morski
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