

## OVERALL LEARNING OBJECTIVES

At the conclusion of this activity, participants will be able to:

- Define important gaps in women and girls' health
- Recognize and enhance your leadership style and potential
- Employ skills to advocate effectively
- Identify strategies for improving and maintaining your wellness
- Develop professional and social networks

<b>Presentation Title</b>	<b>Presentation Learning Objectives: At the conclusion of this presentation, participants will be able to:</b>
<p><b>Cardiovascular disease in women: a call for action</b> <i>Alex Bastiany, MD, FRCPC DRCPC</i></p>	<ol style="list-style-type: none"> <li>1. Express women and CV disease: the "Bikini approach"</li> <li>2. Identify risk factors for CV disease specific to women</li> <li>3. Recognize presentation of CV disease in women</li> <li>4. Describe cardiovascular disease in Black women</li> <li>5. Discuss how to shift the paradigm?</li> </ol>
<p><b>Take Control of Your Life: Values-Based Living</b> <i>Marie Claire Bourque, MD, MSc, FRCPC, DABPN</i></p>	<ol style="list-style-type: none"> <li>1. Prioritize what matters to them in all areas of their life.</li> <li>2. Recognize when they are making decisions based on their own values.</li> <li>3. Feel empowered about values based living</li> </ol>
<p><b>Key tips for resiliency</b> <i>Mamta Gautam, MD, MBA, FRCPC, CPDC, CCPE, CPE</i></p>	<ol style="list-style-type: none"> <li>1. Discuss physician health as a product of individual, cultural, and system level factors.</li> <li>2. Apply the 5 C's Framework to manage their stress effectively.</li> <li>3. Design and commit to one strategy to enhance their resilience.</li> </ol>
<p><b>Physician Diversity: Access and Allies</b> <i>Brian Hodges, MD, PhD, FRCPC</i></p>	<ol style="list-style-type: none"> <li>1. Understand continued gaps in gender and other forms of diversity among medical leaders in Canada</li> <li>2. Consider the functions and differences of allyship and sponsorship</li> <li>3. Make a commitment to be an ally/sponsor</li> </ol>
<p><b>Conceptualizing Wellness in the Planetary Health Framework</b> <i>Ojistoh Horn, MD, MSc, BSc, CCFP, OSSD</i></p>	<ol style="list-style-type: none"> <li>1. Describe the concept of wellness and the emergent wellness economy</li> <li>2. Elaborate on some implications of the wellness economy</li> <li>3. Emphasize vulnerability and misinformation as it related to wellness</li> </ol>

	<ol style="list-style-type: none"> <li>4. Describe the Indigenous concept of living well and how it relates to the health of the planet</li> </ol>
<p><b>Yoga and Meditation</b>  <i>Jada Johnson, MD MSc (neuroscience,) BSc</i></p>	<ol style="list-style-type: none"> <li>1. Summarize the key principles of mindfulness.</li> <li>2. Apply using breathing to decrease distress.</li> <li>3. Demonstrate how to incorporate mindfulness into your physician workday.</li> </ol>
<p><b>Keira's Law: Turning Tragedy into Domestic Violence Advocacy</b>  <i>Jennifer Kagan, MD, CCFP(PC)</i></p>	<ol style="list-style-type: none"> <li>1. Discuss the scope of the domestic violence crisis in Canada, including the concepts of coercive control, femicide and filicide;</li> <li>2. Summarize Keira's Law and the change it signals both within and outside of the legal system;</li> <li>3. Demonstrate understanding of how to advocate for policy and legislative changes in Canada.</li> </ol>
<p><b>Transcare Health Gaps</b>  <i>Simone Lebeuf</i></p>	<ol style="list-style-type: none"> <li>1. Utilize inclusive language in their own clinical context.</li> <li>2. Reflect on gaps in care for transgender and gender nonconforming people and identify opportunities for improvement</li> </ol>
<p><b>Advocacy Skills in Medicine</b>  <i>Seema Marwaha, MD, FRCPC, EdM</i></p>	<ol style="list-style-type: none"> <li>1. Identify the social and structural factors that affect us and the health of our patients</li> <li>2. Discuss how medical advocacy has evolved in the past 10 years</li> <li>3. Describe examples of advocating for impact within our field and educational system</li> </ol>
<p><b>Physician Advocacy to Improve Global Health</b>  <i>Connie Newman, MD, MACP</i></p>	<ol style="list-style-type: none"> <li>1. Discuss topics for advocacy that are relevant to global health, particularly of women and girls.</li> <li>2. Describe techniques and general strategies for global advocacy</li> <li>3. Develop advocacy strategies targeted to a particular group or organization such as policy makers, health organizations (governmental and non-governmental), medical schools, medical journals, the media and the public.</li> </ol>
<p><b>Advocacy, politics &amp; leadership: Thoughts from a surgeon turned senator</b>  <i>The Honourable Flordeliz (Gigi) Osler</i></p>	<ol style="list-style-type: none"> <li>1. Describe the importance of physician advocacy</li> <li>2. Appreciate the impact of politics on healthcare</li> <li>3. Visualize a career path for leadership development</li> </ol>
<p><b>Personal PR: Why Your Brand Matters</b>  <i>Christina Pilarski</i></p>	<ol style="list-style-type: none"> <li>1. Summarize what public relations is and why it is important</li> <li>2. Apply practical ways to build a personal brand with confidence</li> </ol>

	<ol style="list-style-type: none"> <li>3. Develop a personal public relations plan</li> </ol>
<p><b>Leadership Skills for 2023 and beyond</b>  <i>Kathleen Ross, MD, MSc, BSc</i></p>	<ol style="list-style-type: none"> <li>1. Utilize 5 key skills to lead in our modern world: Communication; Authenticity; Adaptability; Design Mindset; and Passion.</li> <li>2. Describe the difference between mentors and sponsors and demonstrate how to find one.</li> </ol>
<p><b>Student Advocacy Presentation</b>  <i>Ms. Santana Hernandez and Ms. Danielle Stacey</i></p>	<ol style="list-style-type: none"> <li>1. Describe an advocacy topic important to medical students.</li> <li>2. Practice brainstorming ways to advocate for changes to be made in this area.</li> <li>3. Employ skills to advocate effectively</li> </ol>