



VH1253 Section on Early Career Physicians Program

Building Relationships and Improving Productivity: Tools to Navigate Burnout

Saturday, October 9

1:00PM – 3:00PM CDT

Early career physicians working to establish themselves can become frustrated and feel unfulfilled when priorities compete and progress is stalled. Whether you are in a community or academic setting, we invite you to join a discussion on redefining one's mission, addressing productivity barriers, and managing relationships to ensure career success.

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| 1:00PM | Welcome
<i>Moderator: Maya Moody, DO, FAAP</i> |
| 1:05PM | Productivity Principles and the ABCDEs of Early Career Relationship-Building
<i>Chidiogo Anyigbo, MD, MPH, FAAP</i> |
| 1:30PM | Key Principles and Killers of Productivity and Relationships Panel
<i>Moderator: Chidiogo Anyigbo, MD, MPH, FAAP</i>
<i>ON Ray Bignall II, MD; Lisa Costello, MD, MPH, FAAP; Kendra McDow, MD, FAAP</i> |
| 2:15PM | Individualized Productivity Plan: Self-Reflection and Group Activity
<i>Breakout Moderators: Nia Bodrick, MD, FAAP; Shannon Brockman, MD, RDN, FAAP; Tania Callero, MD, MHS, FAAP; Lisa Costello, MD, MPH, FAAP; Michael Colburn, MD, MEd, FAAP; Vanessa Salcedo, MD, MPH, FAAP</i> |
| 2:45PM | Q&A
<i>Moderator: Chidiogo Anyigbo, MD, MPH, FAAP</i> |
| 3:00PM | Adjourn |