

**Ahna Lake, MD, MSc, CCFP**  
**Lectures & Educational Programs Delivered on Professional Well-being**  
**1992 – Present**

**LECTURES 2011 – 2019 :**

**New York Judges UCSJI (Unified Court System Judicial Institute) Summer Seminars Series, Rye, NY, June 25, July 18 (upcoming) & July 25 (upcoming), 2019:** “Fostering Stamina & Concentration for a Demanding Workload”. Also providing professional wellbeing counseling sessions to judges.

**Vermont Judicial College 2019, June 12 & 13<sup>th</sup> Vergennes, VT:** Provided professional wellbeing counseling sessions to judges.

**National Judges Association Annual Judicial Education Conference, Billings, MT, June 10-11<sup>th</sup>, 2019:** “Introduction to Judicial Wellness” and “Judicial Wellness”. Also provided individualized professional wellbeing counseling sessions to judges.

**Pre-Bench Orientation Program for Newly Elected Judges Richmond, VA April 16-17<sup>th</sup>, 2019:** “Overruling Judicial Stress: Pearls from 25 Years Counseling Judges”. Also provided individualized professional wellbeing counseling sessions to judges.

**New York Judges UCSJI (Unified Court System Judicial Institute) Summer Seminars Series - Featured Lecture Series on Judicial Wellness, Rye, NY, July 18, July 25 & August 8, 2018:** “Overruling Judicial Stress: Pearls from 20 Years Counseling Judges – Breakthrough Concepts in Judicial Wellness”. Also provided individualized professional wellbeing counseling sessions to judges.

**Vermont Judicial College 2018, June 5 – 7, 2018, Vergennes, VT:** Provided professional well-being counseling sessions to judges.

**Judicial Conference of Virginia, Roanoke, VA, May 16<sup>th</sup>, 2018:** Overruling Judicial Stress: Pearls from 25 Years Counseling Judges. Also provided individualized professional wellbeing counseling sessions to judges.

**Pre-Bench Orientation Program for Newly Elected Judges Richmond, VA April 25<sup>th</sup>, 2018:** “Overruling Judicial Stress: Pearls from 25 Years Counseling Judges”. Also provided individualized professional wellbeing counseling sessions to judges.

**2017 NY State UCSJI (Unified Court System Judicial Institute) Judicial Summer Seminars Westchester, NY, June 21<sup>st</sup>, 2017:** “Overruling Judicial Stress: Pearls from 20 Years Counseling Judges”. Also provided individualized professional wellbeing counseling sessions to judges.

**New Jersey Judges Family Division & Domestic Violence Education Conference Galloway, NJ, Apr. 24, 2017:** “Overruling Judicial Stress: Pearls from 20 Years Counseling Judges”. Also provided individualized professional wellbeing counseling sessions to judges.

**Judicial Conference of Virginia for District Courts Williamsburg, VA August 28<sup>th</sup>, 2017:** “Self-care of Judges – Wellness On and Off the Bench Also provided individualized professional wellbeing counseling sessions to judges.

**Vermont Judicial College 2017, May 31 – June 2, 2018, Vergennes, VT:** Provided individualized professional wellbeing counseling sessions to judges.

**Arkansas Juvenile Judge's Conference, Heber Springs, AR, Nov. 10, 2016.** Also provided individualized professional wellbeing counseling sessions to judges.

**National Council of Juvenile and Family Court Judges Annual Conference, Monterrey, CA, July 18-19, 2016.** "Overruling Judicial Stress: Pearls from 20 Years Counseling Judges" and "Fostering Stamina and Concentration for a Demanding Workload". Also provided individualized professional wellbeing counseling sessions to judges.

**Vermont Judicial College 2016, Basin Harbor Club, June 1 – 3, 2016:** Provided individualized professional wellbeing counseling sessions to judges.

**Montana Judicial Assistants Conference 2016, Missoula, MT, May 12, 2016:** "Stress Management and Wellness". Also provided individualized professional wellbeing counseling sessions to judges.

**Vermont Court Administrators College 2016, Burlington, VT, April 10, 2016:** Stress Debriefing Sessions.

**Vermont Judicial College 2015: Norwich University, June 4, 2015:** "Fostering Stamina and Concentration for a Demanding Workload." Also provided individualized professional wellbeing counseling sessions to judges.

**Montana Courts of Limited Jurisdiction Conference, Great Falls, MT, Apr. 29, 2015:** "Judicial Stress: Ramifications & Remedies." Also provided individualized professional wellbeing counseling sessions to judges.

**California OAH Meeting – Access to Justice, Santa Ana California, Jan 27 & 28:** "Judicial Stress: Ramifications & Remedies" and "Fostering Stamina and Concentration for a Demanding Workload". Also provided individualized professional wellbeing counseling sessions to judges.

**Tennessee Annual Municipal Judges Conference 2014, Oct. 31, 2014:** "Staying Well in Challenging Times". Also provided individualized professional wellbeing counseling sessions to judges.

**2014 Family Court Judicial Education Conference, Charleston, WV, Oct. 28 & 29:** "Maintaining Judicial Well-being in Challenging Times Building Energy & Stamina for a Demanding Schedule". Also provided individualized professional wellbeing counseling sessions to judges.

**Montana Judges' Association Conference, Miles City, MT, Oct. 9, 2014:** "The Importance of Judges' Well-being". Also provided individualized professional wellbeing counseling sessions to judges.

**National Council of Juvenile and Family Court Judges, Judicial Institute: Family Law, San Antonio, TX, Feb. 24-27, 2013:** Breakout sessions: "Maintaining Judicial Excellence Without Sacrificing Personal Well-being". Also provided individualized professional wellbeing counseling sessions to judges.

**2012 Vermont Judicial College, Basin Harbor Club, June 4-6:** Breakout session: "Maintaining Professional Excellence Without Sacrificing Personal Well-being". Also provided individualized professional wellbeing counseling sessions to judges.

**National Judicial College, Innovative Leadership Skills for Current and Future Court Leaders, Reno, NV, Apr. 23-26, 2012:** 4-day program attended by over 50 judges from across the U.S. General Session: "Maintaining Judicial Excellence Without Sacrificing Personal Well-being". Also counseled conference participants one-on-one throughout the week.

**2012 Court Managers College, Mar. 26-28:** Provided one-on-one in-conference counseling services for the Division of Court Improvement and Innovation.

**2011 Vermont Judicial College, Basin Harbor Club, June 6-8:** Provided individualized professional wellbeing counseling sessions to judges.

**2011 Court Managers College, Apr. 4-7:** Provided one-on-one in-conference counseling services for the Division of Court Improvement and Innovation.

#### **LECTURES, 1998-2010:**

**Saint Mary's Hospital Grand Rounds, Ministry Health, Rhinelander, WI:** "The Personal Cost of Life in Medicine: Examining your personal and professional well-being". July 23, 2010.

**Saint Michael's Hospital Grand Rounds, Ministry Health, Stevens Point, WI:** "The Personal Cost of Life in Medicine: Examining your personal and professional well-being" July 21, 2010.

**National Judicial College Tri-State Judicial Education Program, Apr. 1-2, 2010:** General session: "Judicial Wellness". Also provided one-on-one in-conference counseling services.

**2010 Vermont Court Manager College, Manchester, VT:** "Providing Service to People With Mental Health Disorders", April 26, 2010. This was a three-hour session to the entire group. Also delivered a 1-hr. program on using visualization and guided relaxation as a stress-management tool. In addition, conducted personal consultations with court administrators during conference week on work/life issues and burnout prevention.

**2010 Vermont Judicial College, Vergennes, VT:** "Problematic Behavior in the Courtroom: Practical Insights", June 9, 2010. Provided this general session, and sat in on all other sessions to serve as an expert consultant. Also delivered a short address on key principles of helping others through a period of change. In addition, provided personal consultations to judges on subject of burnout and work optimization.

**Marshfield Clinic/Physician Wellness Evening Program, Wasau, WI:** "The Cost of Life in Medicine: Examining your Personal & Professional Well-being", July 23rd, 2009. Program was delivered to physicians and their spouses.

**Marshfield Center Grand Rounds, Marshfield, WI.** "Strategies Physicians Use to Transcend the Time/Stress Crunch", May 8, 2009.

**Marshfield Clinic, Marshfield, WI:** "Clarity, composure and confidence: How to keep people from pushing your buttons", May 7<sup>th</sup>, 2009. Lecture to hospitalists.

**9<sup>th</sup> Annual Current Concepts in Cardiovascular Management, Buffalo General Hospital, Buffalo, NY:** "Professional Burnout", Nov. 14, 2008. Lecture to entire conference group.

**Sutter Roseville Medical Center, Granite Bay, CA:** "Safeguarding the Dignity & Joy of Being a Physician", Oct. 23, 2008. This lecture was prompted by a physician suicide that occurred in the medical community the prior year.

**Vermont Judicial College, 2007, Ripton, VT:** "Maintaining Professional Excellence Without Sacrificing Personal Well-Being", June 13, 2007. Also completed 10<sup>th</sup> yr. as personal consultant to judges on issues of personal/professional well-being.

**7<sup>th</sup> Annual Court Administrators College, Essex, VT:** “Nutrition for the Soul” (on protecting one’s energy and health in a high-stress environment, understaffed environment), April 11<sup>th</sup>, 2007. Also conducted multiple personal consultations with court administrators during conference week on work/life issues and burnout prevention.

**Vermont Medical Managers Association Annual Meeting, Killington, VT:** “Recognizing & Responding to Stress”, Sept. 18, 2006. Education Session.

**2006 National Wellness Conference, Steven’s Point, WI:** “Making the Most of Teachable Moments: Powerful Tools to Support Change in Brief Encounters”, July 20<sup>th</sup>, 2006, and “Supporting Your Inner Housekeeper: Detoxification as the New Pillar of Personal Care”

**Women’s Wellness Wisdom 2006, Steven’s Point, WI:** “Connections Between Beauty Pleasure, Love & Your Health”, July 15<sup>th</sup>, 2006. This formed part of a day-long pre-conference of the National Wellness Conference 2006.

**2006 Green Mountain Juvenile and Criminal Defense Institute, Office of the Public Defender:** “Stress management—how to be less stressed and more productive in our challenging workplaces”, June 15<sup>th</sup>, 2006.

**Department of Liquor Control, State of Vermont, Montpelier, VT:** “Best Strategies for Getting It All Done With Less Stress”, May 10, 2006.

**Cyprian Learning Center, Vermont Dept. of Human Resources, Waterbury, VT:** “Addressing Stress & Time Compression”, April 13<sup>th</sup>, 2006. Full-day program.

**Vermont Probate Judges Annual Meeting 2005, Vermont Supreme Court Judicial Education Program, Manchester, VT:** “Judicial Wellness: Maintaining Professional Excellence Without Sacrificing Personal Well-being”, Nov. 4, 2005.

**Cyprian Learning Center, Vermont Dept. of Human Resources, Waterbury, VT:** “Secrets to Reducing Your Stress”, Sept. 20<sup>th</sup>, 2005, half-day program.

**Safe Schools/Healthy Students Program, Lamoille North Supervisory Union, Hyde Park, VT:** “Stress Management PLUS : Protecting Your Health & Energy in a Demanding Env’t”, Jan. 17<sup>th</sup>, 2005.

**Women’s Wellness Wisdom Workshop 2005, Steven’s Point, WI:** “Building and Protecting Your Energy For Life”, July 9<sup>th</sup>, 2005. Part of 30<sup>th</sup> annual National Wellness Conference.

**Strategic Planning Group Meeting—Stoweflake Mountain Resort & Spa, Stowe, VT:** “Professional and Executive Well-being, and Keys to Transcending the Time/Stress Crunch”, Dec. 09, 2005.

**6<sup>th</sup> Annual Court Manager College, Stowe, VT:** “Credibility, Composure and Confidence How to stop people from pushing your buttons”, May 5<sup>th</sup>, 2005.

**Stoweflake Resort & Spa, Stowe, VT:** “Juggling Personal & Professional Life Without Becoming Overwhelmed”, February 24<sup>th</sup>, 2005.

**Green Mountain Orthopaedic Surgery, Berlin, VT:** “Creating a Satisfying & Productive Office Environment”, Feb. 22<sup>nd</sup>, 2005.

**Annual Conference of Vermont Association of Occupational Therapist lecture, Stowe, VT:** Details to be added.

**Comfort Dental Quarterly Meeting, December, 2004, Denver, CO:** “Protecting Your Health & Energy in Dental Practice”, Dec. 14<sup>th</sup> & 15<sup>th</sup>, 2004.

**Exeter Hospital Physician CME Program, Exeter, NH:** “Dealing with Physician Burnout”, May 15<sup>th</sup>, 2004.

**Ohio Primary Care Association Annual Conference 2003, Granville, Ohio :** “Promoting Better Health for Health Care Providers & Retention Strategies for Doctors and Nurses”, afternoon program, May 20<sup>th</sup>. Participants included doctors, nurses and executives of Ohio’s federally-funded health clinics for the uninsured and underserved.

**4<sup>th</sup> Annual Court Administrators College, Burlington, VT:** “Bloom Where You’re Planted”, full-day program, April 2<sup>nd</sup>. Also conducted multiple personal consultations with court administrators Apr.1 & 2<sup>nd</sup> on work/life issues and burnout prevention.

**Vermont Supreme Court’s Annual Judicial College 2002** (for all Vermont judges), Breadloaf Campus/Middlebury College, VT: Personal consultations to judges on subject of burnout and work optimization, June <sup>th</sup>, 2002.

**3<sup>rd</sup> Annual Court Administrators College, Killington, VT:** “Examining Your Personal & Professional Well-being”, Nov. 7<sup>th</sup>, 2001. Also conducted personal consultations to court administrators on work/life issues on Nov. 7<sup>th</sup> and 8<sup>th</sup>.

**23<sup>rd</sup> Annual National Wellness Conference, Stevens Point, WI:** (1) “Higher Level Wellness: Let the Celebration Begin!” and (2) “Killer Professions: Exceptional strategies to help those in high-stress, high-responsibility fields.”, July 17<sup>th</sup> & 20<sup>th</sup>, 2001.

**Vermont Supreme Court’s Annual Judicial College 2001** (for all Vermont judges), Breadloaf Campus/Middlebury College, VT: Personal consultations to judges on subject of burnout and work optimization, June 6<sup>th</sup>, 2001.

**Champlain Valley Physicians Hospital Medical Center, Plattsburgh, NY:** “Actively Confronting the Personal Costs of Medical Life”, half-day workshop as part of Psychiatry Day 2000 for physicians, physician assistants, social works and other health-care professionals, Nov. 15<sup>th</sup>, 2000.

**State of Vermont Employees’ Wellness Program Nursing Staff, Montpelier, VT:** Two-hour lecture on strategies for promoting professional well-being among our state troopers, Sept. 7<sup>th</sup>, 2000.

**Vermont Supreme Court’s Annual Judicial College** (for all Vermont judges), Breadloaf Campus/Middlebury College, VT: Personal consultations to judges on subject of burnout and work optimization, June 7<sup>th</sup>, 2000.

**Vermont Medical Society Annual Meeting, Manchester, VT:** Panel participant on the topic of “Collegiality” during the Scientific Session, October 16<sup>th</sup>, 1999.

**Aroostook Medical Center—Community Event, Presque Isle, Maine:** Keynote entitled “The Best Kept Secrets for Great Family Communication”, Sept. 25<sup>th</sup>, 1999.

**22<sup>nd</sup> Annual National Wellness Conference, Stevens Point, WI:** (1) “Impacting Professionals: How and why wellness must be delivered differently for doctors, dentists, judges, executives and other high-powered occupations”, and (2) “The Further Reaches of Wellness: Wellness strategies that are effective at the far-right of the wellness continuum”, July 19<sup>th</sup> & 22<sup>nd</sup>, 1999.

**Management Association of Photogrammetric Surveyors**, Stowe, VT: “The Personal Cost of Success: How to stop paying with your health”, key-note for Chief Executive Officers (and spouses) of private photogrammetric surveying companies from across the U.S., July 16<sup>th</sup>, 1999.

**Nevada Medical Society Annual Meeting**, San Diego, CA: “What’s Up, Doc? Maintaining professional excellence without sacrificing personal well-being, ½-day program, April 30<sup>th</sup>, 1999.

**Schweitzer Foundation Fellowship Program, South Royalton, VT:** Lecture for Schweitzer fellows on “Taking care of yourself while doing good work”, January 31<sup>st</sup>, 1999 (Schweitzer program is run jointly by Dartmouth Medical School and Vermont Law School).

**BlueCrossBlueShield of NY (Albany):** (1) Rising Physician Burnout & Diminishing Returns: Innovative strategies that raise both physician and patient satisfaction”, for community physicians, Jan. 27<sup>th</sup>, and (2) “What’s Up, Doc?: Understanding and working with doctors”, for BCBS health promotion professionals, Jan. 28<sup>th</sup>, 1999.

**Champlain Valley Physicians Hospital Medical Center, Plattsburgh, NY:** “Rising Physician Burnout & Diminishing Returns: Factoring the physician’s health into the health-care equation”, for community physicians, January 22<sup>nd</sup>, 1999.

**Richmond, VA Medical Community**, Richmond, VA: (1) Half-day program on self-care for physicians, Nov. 5<sup>th</sup>, (2) “The Secrets of Surviving & Thriving in Medical School & Thereafter” for medical students at Virginia Medical College, Nov. 6<sup>th</sup> and (3) “Rekindling the Fire & Joy in Medical Practice” for Richmond Academy of Family Physicians, Nov. 6<sup>th</sup>, 1998.

**Columbia Forest Products, Stowe, VT:** “The Personal Cost of Success: How to stop paying with your health”, for top-tier sales and purchasing agents and executives of their leading clients, Jan. 17<sup>th</sup>

**Baptist Theological Seminary Students**, Richmond VA: “Keeping Your Bright Light From Burning Out”, Nov. 5<sup>th</sup>, 1998.

**Health, Work & Wellness Conference '98:** “Maintaining Professional Competence Without Sacrificing Personal Well-being: Recapturing the Enjoyment of Practicing Medicine”, whole-day pre-conference program, Sept. 27<sup>th</sup>, and “Is Professional Burnout a Natural Cost of Success?”, conference breakout session, Sept. 28<sup>th</sup>.

**Vancouver Hospital & Health Sciences Centre**, Vancouver, BC: “Physician Burnout: What is it & do you have it?” for hospital physicians, Sept. 24<sup>th</sup>, and “Too Many Bright Lights Burning Out: Reasons why & remedies in the health-care world” for hospital staff, Sept. 24<sup>th</sup>.

**21<sup>st</sup> Annual National Wellness Conference**, Stevens Point, WI: “What’s Up Doc? (Part I): Understanding the Psychology and Subculture of Doctors”, July 16<sup>th</sup>, and “What’s Up, Doc? (Part II): How to get through to – and work with – doctors”. July 17<sup>th</sup>.

**Vermont Supreme Court’s Annual Vermont Judicial College** (for all Vermont judges), Breadloaf Campus/Middlebury College, VT: “Judicial Well-being”, June 2<sup>nd</sup>, 1998.

**The Wilmot Memorial Lecture Series 1998 (Dentists)**, White River Junction, VT: “Optimal Productivity, Satisfaction and Health: Why Your Biology Won’t Allow You to Have One Without the Other”, April 15<sup>th</sup>, 1998.

**LECTURES 1995 - 1997:**

**Vermont Medical Society Annual Meeting**, Manchester, VT: “Physician Empowerment, Effectiveness & Well-being”, Oct. 25<sup>th</sup> /97.

**Women’s Wellness Weekend** (presented by Tahoe Forest Hospital) Squaw Creek, CA: Keynote, “Alternatives to Being All Things to All People All the Time”, and workshop, “Is There Really a Practical Alternative to the Hurried Life of the 90s?”, November 22<sup>nd</sup> /97.

**Tahoe Forest Hospital Staff Development Day**, Squaw Creek, CA: “What’s Up Doc?...Making Professional Relationships Work” (program repeated twice), Nov. 21<sup>st</sup> /97.

**Tahoe Forest Hospital Physicians**, Truckee, CA: “Physician Empowerment, Effectiveness & Well-being”, Nov. 21<sup>st</sup> /97.

**Simcoe County District Health Unit - All Staff In-service**, Orillia, Ontario: Guest speaker on “Life Planning in Times of Change, Oct. 7<sup>th</sup>/97.

**Swedish-American Healthcare System’s 2<sup>nd</sup> Annual Summer Physicians Conference**: Keynote and workshop at July 19-20<sup>th</sup> /97 conference, “Maintaining Professional Excellence Without Sacrificing Personal Well-Being”.

**21<sup>st</sup> Annual National Wellness Conference**, Stevens Point, WI: “What’s Up Doc? Understanding the Psychology and Subculture of Doctors So You Can Work With Them Comfortably”, July 14<sup>th</sup> /97, and “Alternatives to Being All Things to All People All the Time: If Not Superwoman, then who (men welcome)?”, July 17<sup>th</sup>/97.

**University of Vermont Wellness Department/Staff Development**, Burlington, VT, May 14<sup>th</sup>/97: True Colors Workshop (identifying and working with different personality types).

**University of Vermont Family Practice Department/Staff Development**, Burlington, VT, July 30<sup>th</sup>/97: True Colors Workshop (identifying and working with different personality types).

**Lee County Medical Society**, May 9<sup>th</sup>, 1997, Fort Myers, FL: Program on maintaining physician well-being and competency in times of flux.

**Women Physician’s Group**, Lee County, FL, May 10<sup>th</sup>/97: “Alternatives to Being All Things to All People All the Time”.

**The Wilmot Memorial Lecture Series 1997 (Dentists)**, White River Junction, VT: “Maintaining Professional Excellence without Sacrificing Personal Well-being.”

**Burlington Business & Professional Women’s Organization**, Burlington, VT: “The Personal Cost of Success: How much are you going to pay?”

**Association of Women Surgeons of Michigan**, Lansing, Michigan: Half-day program on burnout, stress and the practice of medicine.

**The College of Human Medicine, Michigan State University, Pediatrics Dept.**, Lansing, Michigan: Lecture on compassion fatigue, stress and professional well-being.

**The College of Human Medicine, Michigan State University, Medical Students**, Lansing, Michigan: “The Secrets of Maintaining Your Personal Well-Being During Medical School and Residency”.

**6<sup>th</sup> Annual Women Physicians Conference**, Vail, Colorado: Two lectures & two workshops at three-day conference on the theme of burnout and practical methods of balancing personal and professional life;

**Healing the Healers: Physician Wellness**", Santa Fe, New Mexico, 4-day conference presented by Lovelace Medical Systems.

**7<sup>th</sup> International Montreux Congress on Stress**, Montreux, Switzerland: "Helping the Helpers" (on how we promote health amongst physician and physicians-in-training in North America).

**National Association of Realtors**, Association Executives Annual Meeting (Joint U.S. and Canadian Meeting), Chicago, IL: "Are You Giving Your Association More Than You Realize?", and "Never Mind Your Waistline...Does How You Eat Affect Your Bottom Line?"

**Chittenden County Medical Society, Burlington, VT**: "Overwhelming Changes in Medicine: How to Keep Them From Quashing Optimism and Undermining Your Plans for the Future."

**Physician Conference Series Co-Developer, "Finding the Silver Lining in Health Care Reform"**: (June/94-January/95) Co-producer and presenter of a two-day CME retreat program for physicians. Programs were presented in several U.S. cities. The program generated wide media interest, including coverage by: *The American Medical News*, *Being Well: The Bulletin of the Society for Professional Well-Being*, *The Physician's Advisory*, *Family Practice News*, *Ob-Gyn News*, and *Physician's Practice Digest*.

**1995 Florida Podiatric Medicine Convention**, Orlando, FL: Full day program, "Finding the Silver Lining in Health Care Reform".

**20<sup>th</sup> Annual National Wellness Conference**, Stevens Point, WI: "Trapped? Unless You Change Your Direction, You're Likely to End Up Where You're Headed."

#### **LECTURES, 1992 -94:**

**Kaiser Permanente of Colorado Medical Group**, Breckenridge, CO: Retreat including lectures on physician well-being to group at large and consultations with Quality of Professional Life Committee on establishing and building a program in physician well-being.

**The 7<sup>th</sup> Annual Conference on Professional Well-Being**, Oct. 6-8<sup>th</sup>, Dearborn, Michigan: Full-day pre-conference workshop on adapting to health care reform.

**The National Wellness Conference**, Stevens Point, Wisconsin: "Empowerment Counseling (1993) and "The Silver Lining for Wellness in Health Care Reform" (1994).

**National Association of Community Health Centers Annual Conference**, Atlanta, GA: Seminar on stress management and professional well-being.

**The American Medical Students Association**, Dayton OH: "Lonely, Crumbling Pedestals: How to get Through Residency Training without Ending Up On One"

**The 7<sup>th</sup> Annual Conference on Professional Well-Being**, San Antonio, TX: "Shaping Your Practice to Your Strengths and Skills.

**McGill University, University President's Office**, Montreal PQ: "Professional Burnout."

**Broome County Medical Society, Binghamton, NY**: "How to Maintain Professional Competence Without Sacrificing Your Own Well