

Summer Academy, 5/28/2026

Attendees: 16

Evaluations Completed: 5

Attendees Specialties

Pediatrics/Neonatal-Perinatal Medicine

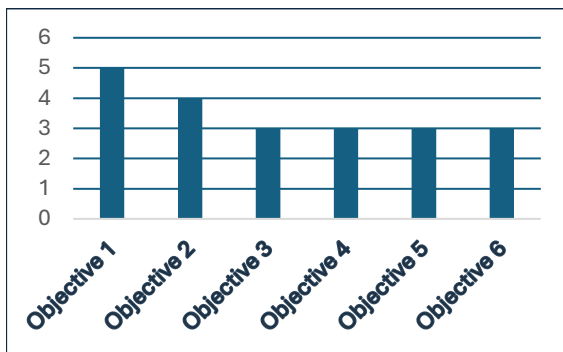
Gastroenterology

Radiology Oncology

Molecular biology

Pediatric Ophthalmology

1. Which of the following global objective(s) were represented:



Objective 1: Describe evidence-based time management strategies shown to improve physician productivity and well-being.

Objective 2: Identify practical examples of these strategies that can be applied at work and at home.

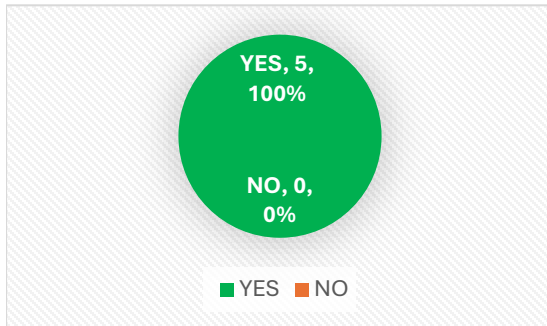
Objective 3: Assess current time use and determine at least two “quick win” changes to implement within the next two weeks.

Objective 4: Distinguish coaching from mentoring, advising and supervising and identify scenarios in which a coaching approach is most effective.

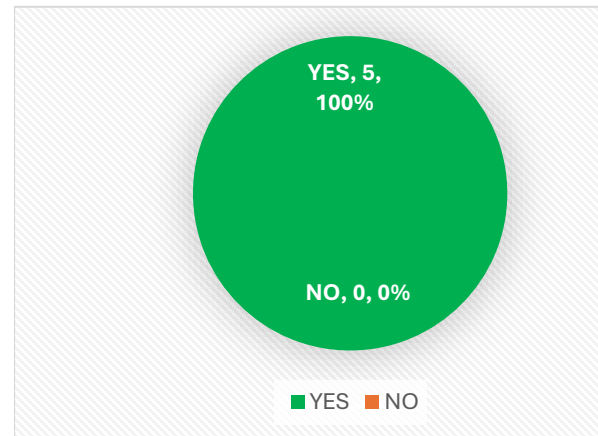
Objective 5: Apply the CTFAR model (Circumstance, Thought, Feeling, Action, Result) to separate facts from interpretations and reframe limiting mindsets – in conversations with others and oneself.

Objective 6: Use high yield coaching questions to navigate common challenges including burnout, stalled progress, rejection, imposter syndrome, and interpersonal conflict.

2. Do you feel that the lecture provides an appropriate level of scientific rigor and clinically relevant information?



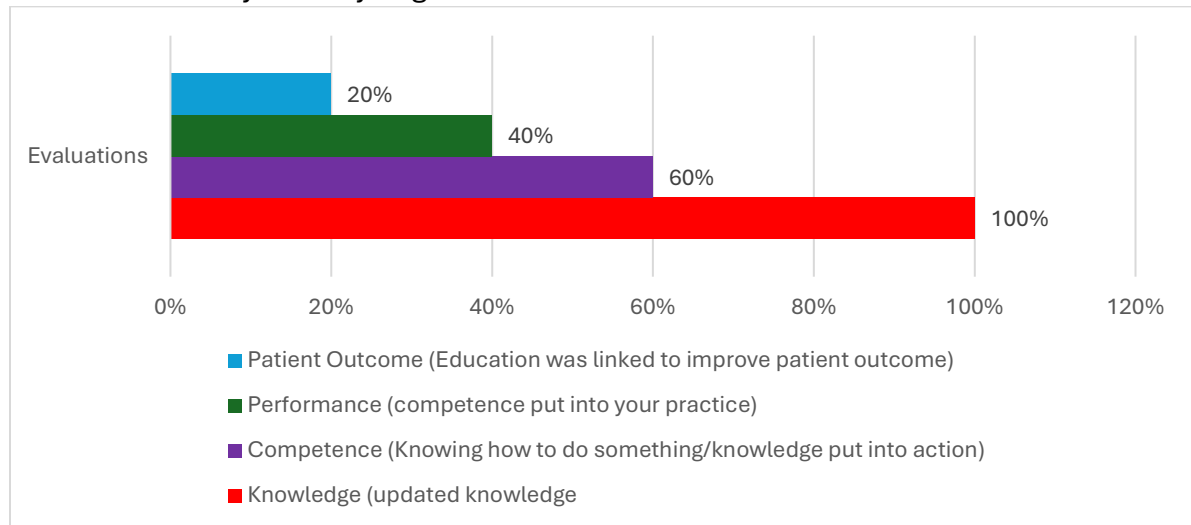
3. Were All Activities FREE of Commercial Bias?



4. What strategies did you learn from this event that you can use in your practice?

- Better mental and physical health.
- Time Management

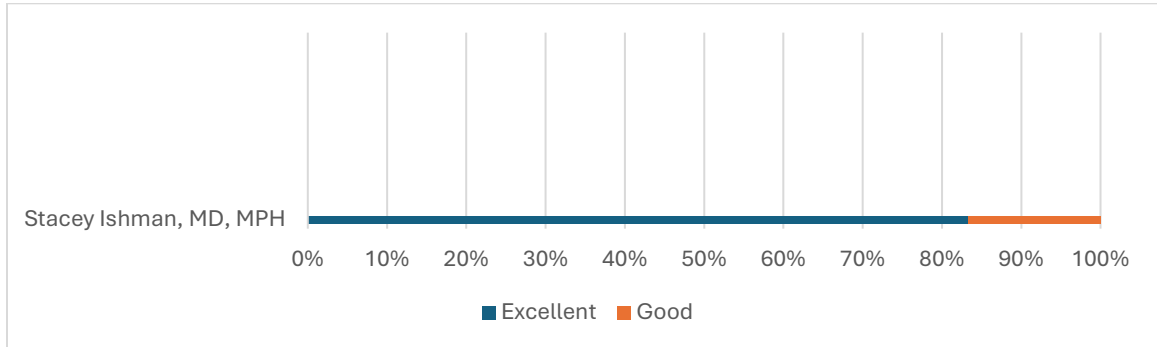
5. What skills do you feel you gained from this event?



6. Speaker Evaluation

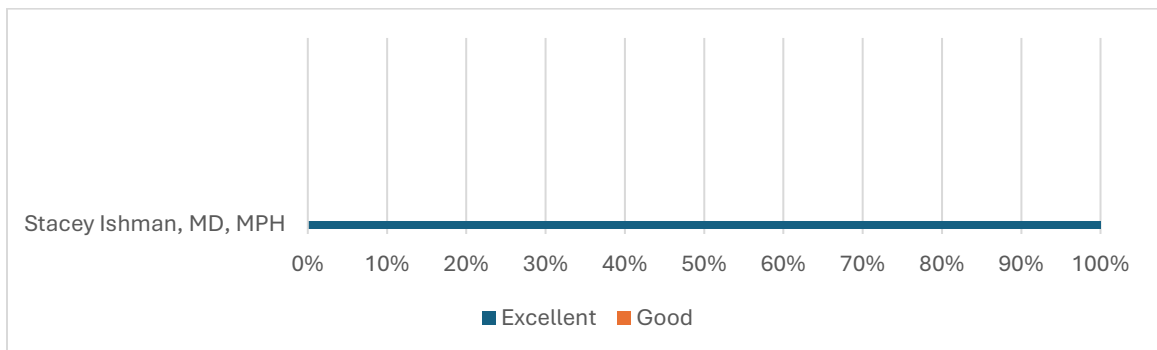
Stacey Ishman 1:00pm – 1:50pm

Time Management as a Strategic Investment in Well Being and Performance



Stacey Ishman 2:45pm – 4:00pm

Coaching for Sustainable High Performance: An Investment in Well-Being



7. Comments

- Personal Satisfaction