

April 27: Seeking Strength in Times of Crisis

Main Program: 4–5 pm CT

Optional Individual Q&A: 5–5:15 pm CT

- **Krista Gregory, MDiv, BCC**, founder of the Center for Resiliency at Dell Children’s Medical Center of Central Texas
- **Daniela Lamas, MD**, pulmonary and critical care doctor for Brigham and Women’s Hospital and author of the book *You Can Stop Humming Now: A Doctor’s Stories of Life, Death, and in Between*
- **John Tarpley, MD**, professor emeritus of surgery and anesthesiology at Vanderbilt University Medical Center

Activity	Approx. Timing
Brief intro by Dr. Maurana	1 min
Live presentation from speaker 1	12 min
Interactive interlude – chat, poll, or word cloud	3 min
Live presentation from speaker 2	12 min
Interactive interlude – chat, poll, or word cloud	3 min
Live presentation from speaker 3	12 min
Interactive interlude – chat, poll, or word cloud	3 min
Moderated Q&A facilitated by Dr. Stawski	15 min
Brief closing by Dr. Maurana	1 min
<i>Optional breakout rooms – attendees can “rush the table” and ask speakers individual questions</i>	<i>15 min</i>

Session Learning Objectives

- Discuss how pathways to flourishing (spirituality/religious community, work, education, family) can help health professions learners, practitioners and organizations find strength and resilience during times of crisis.
- Describe the types of well-being and mental health resources that are necessary to sustain strength and resilience for health professions learners, practitioners and patients, both during and after crisis.
- Discuss how expectations for caring, committed and courageous individuals should be balanced with multifaceted institutional and societal support in attaining strength and resilience.