

Lecturer	Topic	Duration	Scheduler
Laura Campbell, PhD	Perfectionistic and otherwise self-defeatist/maladaptive thinking	1 hour	Angela Dawson (Angie)
Laura Campbell, PhD	Mindfulness	1 hour	Angela Dawson (Angie)
Wendy Marshall, HR Services	Geisinger Employee Benefits, Retirement	1 hour	Sandra Lehr
Kelly Baldwin, MD Lauren DiMarino, DO Dan Bucaloiu, MD	Wellness Over-view and Geisinger Resources (Can be a combined Faculty and Resident lecture)	1 hour	Margarita Menapace
Kelly Baldwin, MD	Fatigue mitigation	1 hour	Maggie Keener
Kelly Baldwin, MD	Outward Mindset Training	3 hours- workshop	Maggie Keener
Kelly Baldwin, MD	Chief Resident Workshop- wellbeing, burnout, suicide, work/life balance	4 hours	Maggie Keener
Susannah Kisvarday, MD	Time management, Wheel Of Life, Mindfulness	1 hour	Alicia Laskowski
Lauren DiMarino, DO	Critical Incidence Stress Debriefing	1 hour	Denise Keyser
Gerstman Do, Robert	Depression and Suicide Prevention	1 hour	LeeAnn Boggs
Thomas Davis	Resilience and Grit	1 hour	Alicia Laskowski
Susannah Kisvarday, MD	Physical Fitness, Nutrition & Sleep	1 hour	Alicia Laskowski
Karen Korzick, MD, MA	Personal Life, Family, Debt	1 hour	
Andrei Nemoianu, MD	Compassion Fatigue	1 hour	
Karen Korzick, MD, MA	Administrative efficiency	1 hour	
Margarita Menapace	What a coordinator is for and first line issues. The stress chair	1 hour	
Christopher Whitmoyer	skills for the struggling/depressed resident - how to be a good resident	1 hour	
Emily Fiocchi, PTA, CYI	Self-care(mentally) and a "re-fresher" /"how to" in mindfulness to keep calm in stressful situations	1 hour	