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Workshop Proposal

Women in Medicine: Reclaiming Career Satisfaction and a Balanced Life

Abstract

Burnout may be a larger problem for female physicians and medical professionals due to pre-existing “hidden” stressors of gender discrimination in the workplace and family expectations in the home.

As a female physician, surgeon, entrepreneur, mother and wife, I am no stranger to burnout! I have found successful strategies to deal with the stresses and pressures of a medical career. I used my own experiences to develop this 90 minute work-shop to encourage women to find satisfaction in their chosen professions and to regain balance in their personal lives.

“Dr. Sundar is an engaging presenter. She has the unique gift to be able to keep the audience entertained and educate them at the same time.” Scott Long, Regional Manager Teleflex.

Learning Objectives

1. Identify 3 problem areas in your career and their impact on your personal life.
2. Learn 3 methods of discovering your life priorities.
3. Take 3 steps to become the architect of your best life.

References

Scott Long, Regional Manager Teleflex, 904.599.5415, Scott.Long@teleflex.com
Matt Cavanaugh. Regional manager Acclarent, MattCav15@outlook.com