



Quality Forum 2020

Shaping Success *Together*



PRE-FORUM DEEP DIVE SESSION

Tuesday, February 25 | 0830 – 1700

UNLEASHING COMPASSION TO OVERCOME BURNOUT

0700 – 0830 Registration & Breakfast

0830 – 0845 **Opening & Territorial Welcome**

0845 – 1010 **Bypassing Burnout by Building a Bridge Between Suffering & Compassion in Health Care** | Plaza Ballroom

Nathalie Martinek

Wellbeing Consultant in Health Care

Co-Founder | Safe Space Health

1010 – 1030 Break

1030 – 1200 **Breakout Workshops (choose one)**

Moral Distress & Resilience | Georgia A

Peter Newbery

Clinical Professor Emeritus, Department of Family Medicine | University of British Columbia

Safety-I, Safety-II & Burnout | Georgia B

Andrew Smaggus

Physician & PhD Student, Health Quality Queen's University

1200 – 1300 Lunch

1300 – 1430 **Breakout Workshops (choose one)**

The Value & Potential of Critical Incident Stress Management for Staff Support | Georgia A

Bruce Cairnie

Client Partner, Critical Incident Stress Management & Resilience | Fraser Health

Dodging Burnout: Coaching for Resilience | Georgia B

Elizabeth Froese

Physician & Certified Organizational Coach University of British Columbia

1430 – 1450 Break

1450 – 1530 **Compassionomics: The Revolutionary Scientific Evidence that Caring Makes a Difference** | Plaza Ballroom

Craig Deao

Managing Director | Studer Group

1530 – 1645 **Working Together to Action Compassion in BC** | Plaza Ballroom

Andrew Wray

Executive Director, Learning, Analytics & Strategic Initiatives | BC Patient Safety & Quality Council

Lawrence Yang

Physician | Fraser Health

1645 – 1700 **Wrap-Up & Call to Action** | Plaza Ballroom

By the end of this pre-Forum session, participants will be able to:

- Discuss how compassion can be leveraged to address burnout at both the individual and system level;
- Utilize strategies to build resilience for burnout prevention and recovery; and
- Consider opportunities to contribute to more engaging, joyful and fulfilling workplaces.