

# BRAVE ENOUGH WOMEN'S CME CONFERENCE

*Mastermind* 2023

**Date:** September 28, 2023 - October 1, 2023 **Location:** Omni Scottsdale Resort & Spa Scottsdale, Arizona

Time	Thursday, 9/28/23	Speaker
4:00pm - 6:00pm	REGISTRATION	
6:00pm - 7:00pm	The Table VIP Pre-Party (for Table Members only)	Dr. Brittney Terry & BE Ambassadors
7:00pm - 9:00pm	Welcome Reception & Silent Auction Sponsored by Vestia Personal Wealth Advisors  <b>*Theme: Starry Night.</b> Wear your favorite shade of black, blue, silver, and gold!	Dr. Brittney Terry & BE Ambassadors
Time	Friday, 9/29/23	Speaker
6:30am - 7:00am	Rise and Shine Stretch/Workout (0.5 CME Credits)	Dr. Ali Novitsky
	“Ali Novitsky is a board certified obesity medicine physician and master coach. She teaches strategies for optimal mental, emotional, and physical health and one of her platforms by which she delivers the content is through mind-body workout sessions.”	
7:00am - 7:45am	Breakfast	
Session 1:	<i>The purpose of this session is to identify healthy work-life boundaries to advance wellness and to review skills to negotiate in the workplace. (1.75 CME Credits)</i>	
8:00am - 8:15am	Opening & Welcome	Dr. Sasha Shillcutt
8:15am - 9:15am	Keynote - Five Truths Every Woman Needs to Step Into Her Power	Dr. Sasha Shillcutt

9:15am - 10:00am	Small Group Workshop - Picking Your Battles to Win the War	Dr. Sasha Shillcutt & Dr. Tiffany Love
9:45am - 10:0am	Q and A	
10:00am - 10:15am	Break / Exhibitors / Shopping	
<b>Session 2:</b>	<i>The purpose of this session is to identify strategies to adopt leadership skills and to create a mindset of adopting happiness. (1.75 CME Credits)</i>	
10:15am - 11:15am	Happiness and Success in Business and Life without the Hustle	Cy Wakeman
11:15am - 11:45am	Small Group Breakout Discussion	Cy Wakeman
11:45am - 12:00pm	Q and A	
12:00pm - 2:00pm	Exhibitors / Shopping	
1:00pm - 5:00pm	Legal One-on-Ones (elective)	
1:00pm - 5:00pm	Professional Coaching (elective)	
1:00pm - 5:00pm	Professional Headshots (elective)	
<b>Time</b>	<b>Saturday, 9/30/23</b>	<b>Speaker</b>
6:30am - 7:00am	Rise and Shine Stretch/Workout (0.5 CME Credits)	Dr. Ali Novitsky
	“Ali Novitsky is a board certified obesity medicine physician and master coach. She teaches strategies for optimal mental, emotional, and physical health and one of her platforms by which she delivers the content is through mind-body workout sessions.”	
7:00am - 7:45am	Mentoring Roundtables Breakfast (0.75 CME Credits)	Dr. Brittney Terry & BE Ambassadors
<b>Session 3:</b>	<i>The purpose of this session is to identify a growth mindset to promote wellbeing, redefine resilience in medicine, and review strategies for daily mindfulness. (2.0 CME Credits)</i>	
8:00am - 8:45am	Transforming from Physician to Leader: A Road Map	Dr. Karen Nichols

<b>8:45am - 9:15am</b>	Small Group Breakout Discussions - Transforming from Physician to Leader: A Road Map	<i>Dr. Karen Nichols</i>
<b>9:15am - 10:00am</b>	Put Away the Career Ladder - Resetting Definitions of Success for Women	<i>Dr. Jennifer Sullivan</i>
<b>10:00am - 10:15am</b>	Break / Exhibits / Shop	
<b>Session 4:</b>	<i>The purpose of this session is to review strategies to negotiate for your value and work compensation, review ways to leverage your position and advance yourself in the workplace, and review strategies to advance wellness initiatives. (1.75 CME Credits)</i>	
<b>10:15am - 10:45am</b>	Embracing Brave Change: Consequences, Clarity & Courage	<i>Dr. Cathleen Peterson</i>
<b>10:45am - 11:15am</b>	Small Group Breakout Discussions - Brave Changes Workshop	<i>Dr. Cathleen Peterson Layne</i>
<b>11:15am - 12:00pm</b>	DEI Solutions	<i>Dr. Erica Taylor</i>
<b>1:00pm - 5:00pm</b>	Legal One-on-Ones (elective)	
<b>1:00pm - 5:00pm</b>	Professional Coaching (elective)	
<b>1:00pm - 5:00pm</b>	Professional Headshots (elective)	
<b>6:30pm</b>	Cocktail Reception	
<b>7:30pm - 10:30pm</b>	Dinner and Dance	
<b>Time</b>	<b>Sunday, 10/1/23</b>	<b>Speaker</b>
<b>6:30am - 7:00am</b>	Rise and Shine Stretch/Workout (0.5 CME Credits)	<i>Dr. Ali Novitsky</i>
	“Ali Novitsky is a board certified obesity medicine physician and master coach. She teaches strategies for optimal mental, emotional, and physical health and one of her platforms by which she delivers the content is through mind-body workout sessions.”	
<b>7:00am - 7:45am</b>	Breakfast	
<b>Session 5:</b>	<i>The purpose of this session is to identify a growth mindset to promote wellbeing , redefine</i>	

	<i>resilience in medicine, and review strategies for daily mindfulness. (2.0 CME Credits)</i>	
<b>8:00am - 8:45am</b>	Healing Yourself: Wellness Strategies for Healers	<i>Carlette Patterson</i>
<b>8:45am - 9:30am</b>	Small Groups Discussion - Wellness Strategies for Healers Workshop	<i>Carlette Patterson</i>
<b>9:30am - 10:00am</b>	Living Life While Falling Apart	<i>Dr. Michelle Chestovich</i>
<b>10:00am - 10:15am</b>	Break	
<b>Session 6:</b>	<i>The purpose of this session is to identify healthy habits to prioritize self-care and learn strategies to optimize work-life control. (1.75 CME Credits)</i>	
<b>10:15am - 11:00am</b>	Strategies to Optimize Your Mental, Emotional, and Physical Health	<i>Dr. Ali Novitsky</i>
<b>11:00am - 11:30am</b>	Small Group Discussion - Optimizing Your Health Workshop	<i>Dr. Ali Novitsky</i>
<b>11:30am - 12:00pm</b>	Speaker - Back to the Battle: Your Plan to Lead Well & Closing Video	<i>Dr. Sasha Shillcutt</i>

### **Disclosure:**

The Metro Omaha Medical Society designates the 2023 Brave Enough Conference for a maximum of 13.25 AMA PRA Category 1 Credits. Physicians should claim only the credits commensurate with the extent of their participation in the activity.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of Metro Omaha Medical Society and Brave Enough. The Metro Omaha Medical Society is accredited by the Nebraska Medical Association to provide continuing medical education for physicians.