



BRAVE ENOUGH ELEVATE SUMMIT

September 10-13, 2020

This activity has been approved for AMA PRA Category 1 Credit™

Your Pass to the Summit is designed so you can participate as it fits with your schedule. Busy over the weekend? No problem! **Watch and be inspired at your convenience!**

THURSDAY: 9/10 OPENING NIGHT

LIVE EVENTS

7:00 PM CT FUN LIVE VIRTUAL Kick-Off!
Featuring a BE Signature Cocktail

FRIDAY: 9/11 STRENGTH UNDER FIRE

LIVE EVENTS

9:00 - 9:15 CT Elevate Guided Meditation Dr. Ellen Cooke (No CME)
10:00 - 10:30 CT Love Your Body Workout Dr. Ali Novitsky (No CME)
11:00 - 11:30 CT Meet at **THE TABLE** for Friday Table Talk (No CME)
12:00 - 12:30 CT Keynote: **Rising From The Ashes** Dr. Sasha Shillcutt (CME)
12:30 - 1:00 CT **Women of Strength** Freida Rothman (NO CME)

ON DEMAND CONTENT (CME)

- **No Ego** Cy Wakeman
- **Standing Strong** Alli Worthington
- **Micro-Aggressions & Racism in Medicine** Dr. Philomena Asante
- **Building A Career without Regrets** Dr. Julia Files
- **Confidence Under Fire** Dr. Sheila Nazarian
- **Time to Walk Away** Dr. Annahieta Kalantari
- **Negotiations 101** Dr. Linda Street
- **Beyond the Critics** Dr. Shikha Jain
- **Speaking Up & Taking Risks** Dr. Tiffany Love

SATURDAY: 9/12 STANDING STRONG

LIVE EVENTS

9:00 - 9:15 CT Elevate Guided Meditation Dr. Ellen Cooke (No CME)
10:00 - 10:30 CT Love Your Body Workout Dr. Ali Novitsky (No CME)
11:00 - 11:30 CT **Between Grit & Grace** Dr. Sasha Shillcutt (CME)
11:30 - 12:00 CT Live Coaching with CY (No CME)
1:00 - 2:00 CT Ask The Speakers: Live Q&A Session
2:00 - 2:30 CT Live Financial Q&A with Northwestern (No CME)
3:00 - 4:00 CT Ask The Speakers: Live Q&A Session

ON DEMAND CONTENT (CME)

- **Owning Your Voice** Jo Saxton
- **Developing Women Leaders** Jenni Catron
- **Leading Crucial Conversations** Dr. Sheritta Strong
- **Top Legal Advice** Aimee Lowe, JD
- **Embracing Your Inner Boss** Dr. Nneka Unachukwu
- **Creating My Own Path** Dr. Lyndsey Harper
- **Breaking Into the Boy's Club** Dr. Barbara Hamilton
- **DevelopHer: 5 Simple Steps to Standout** Lauren Hasson
- **Speaking Up, Standing Up** Deborah Deras
- **Using Our Past To Propel Us** Dr. Stephanie Byerly
- **Financial Planning and Wealth Building for Women** Samantha Holowka

SUNDAY: 9/13 YOUR WELLBEING CHECK

LIVE EVENTS

9:00 - 9:15 CT Elevate Guided Meditation Dr. Ellen Cooke (No CME)
10:00 - 10:30 CT Love Your Body Workout Dr. Ali Novitsky (No CME)
1:00 - 2:00 CT Ask The Speakers: Live Q&A Session
3:00 - 4:00 CT Ask The Speakers: Live Q&A Session
4:00 - 4:30 CT Summit Wrap Up

ON DEMAND CONTENT (CME)

- **Mindfulness Through Self-Knowledge** Dr. Dawn Baker
- **The Importance of Authentic Friendship** Dr. Ali Novitsky
- **Why Can't I Sleep?** Dr. Katie Sharkey
- **Combatting Food Addiction** Dr. Heather Hammerstedt
- **Your Health is Your Wealth** Dr. Jay Sheree Allen
- **Learning To Love Your Body** Dr. Sonia Wright
- **Why Am I So Tired?** Dr. Amy Shah
- **Am I Burned Out or Is This Called Life?** Dr. Erica Howe
- **Embracing Your Inner Champion** Patty Failla

Bonus Content

NEW Membership Reveal
Online Book Giveaways
Health & Beauty Goodies



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Accreditation

The Stanford University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation

The Stanford University School of Medicine designates this Enduring Material and Live Activity for a maximum of 15.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.