

Limb Lengthening and Reconstruction Society: ASAMI–North America

Wellness Pre–course: *Become a Better Human, Become a Better Surgeon*

Thursday, July 17, 2025

Agenda
subject to change

- 8:00–8:05 a.m. Introduction: Putting Burnout into Perspective – *Christopher A. Iobst, MD*
- 8:05–8:45a.m. Courage to Speak Out
Carrie Cunningham, MD MPH
Christopher A. Iobst, MD
Jan Klamar, MD
Julie Wei, MD
- 8:45–9:15 a.m. Panel Discussion and Q + A
Alfred Atanda, MD
Nana Coleman, MD
Carrie Cunningham, MD MPH
Christopher A. Iobst, MD
Jan Klamar, MD
Julie Wei, MD
Kandi Wiens, EdD
- 9:15–9:30 a.m. Refresh Break
- 9:30 a.m.–12:30 p.m. Emotional Intelligence/Hurry Sickness
Kandi Wiens, EdD
- 12:30–1:15 p.m. Lunch
- 1:15–1:45 p.m. Alternative Lifestyle Medicine
Sarah S. Jones MD
- 1:45–2:30 p.m. Coaching/Mentor/Peer Support
Alfred Atanda, MD
Nana Coleman, MD
Julie Wei, MD
- 2:30–3:00 p.m. Panel Discussion: When do I Need a Therapist?
Alfred Atanda, MD
Nana Coleman, MD
Sarah S. Jones, MD
Jan Klamar, MD
John Kelly, MD
Julie Wei MD
Kandi Wiens, EdD
- 3:00–3:20 p.m. Refresh Break

- 3:20–3:40 p.m. What They Never Taught Me in Medical School
Nana Coleman, MD
- 3:40–4:15 p.m. Panel Discussion: LLRS Topics – Complications, Imposter Syndrome,
Exhaustion, Logistics, On–call
Moderator: Christopher A. Iobst MD
Jill C. Flanagan, MD
Marie Gdalevitch, MD
Soren Kold, MD, PhD
Raymond W. Liu, MD
David Podeszwa, MD
Sanjeev Sabharwal, MD
- 4:15–4:45 p.m. Solutions to Surgical Stress
Alfred Atanda, MD
Christopher A. Iobst, MD
Emeka Izuagba, MD
John Kelly, MD
Julie Wei, MD
Raymond W. Liu, MD
- 4:45–5:00 p.m. Discussion, Action Items, and Wrap Up