



2022 Departmental Retreat: November 5 & 6

Manoir Saint-Sauveur

Theme: Education and Wellness in the Post-pandemic Era

Organizing committee: Gustavo Turecki, Nicola Casacalenda, Julia Dornik, Naguib Mechawar, Zoe Thomas, Jason Bond, Leon Tourian, Kazue Narita

Social committee: Jason Bond, Zoe Thomas, student volunteers

Saturday, November 5

15:30 – 16:00 Arrivals and check-in

16:00 – 16:15 **Session 1: Welcome**

16:15 – 18:30 **Session 2 Workshop: 4 Pillars of Wellbeing**

Dr. Patricia Dobkin, PhD (*Associate Professor, Department of Medicine; Medical Scientist, MUHC*)

18:30 – 19:00 Cocktails

19:00 – 20:00 Dinner

Sunday, November 6

7:00 – 9:00 Breakfast

9:00 – 10:30 **Session 3**

- a. How to give optimal feedback
- b. Remote Learning / remote teaching

10:30 – 11:00 Health break and hotel check-out

11:00 – 12:30 **Session 4**

- a. Transition periods in the academic career
- b. Coping with adverse career outcomes

12:30 – 13:30 Lunch

13:30 – 15:00 **Session 5: Summary and closing remarks**

15:00 End of program

Recreational activities: Gym, indoor pool & sauna, Nordic thermal experience, multi-sports field & equipment rental, Kids Club, Spa du Manoir (\$)

There will be a designated area for luggage before/after checkout.