

Part 1 of a new 3-part series

Your Steady Path: USING EXECUTIVE FUNCTION SKILLS FOR CALM & WELL-BEING

Session 1: Introductory Skills

Smarter focus, less burnout
—master the skills every
physician needs to thrive.

Wed, Oct 8, 2025



6 PM – 7:30 PM
5:50 PM REGISTRATION



ONLINE
VIA ZOOM



PLEASE RSVP BY
Sept 24

WHY START HERE?

This session is your gateway to our 3-part series including deep dives into prioritization and time management.



Earn up to 2 certified
Mainpro+® credits!

PRESENTER:

Dr. Elisabeth Baerg Hall

Psychiatrist & family physician,
UBC Clinical Professor, specializing
in executive function skills,
psychotherapy, and physician
well-being.

**Take charge of your time, energy,
and focus through this executive
function workshop series, designed
exclusively for Victoria and South
Island Division Members.**

In the **introductory** session on
Meaningful Living, you'll learn
practical, evidence-based
strategies to:

- Beat overwhelm
- Sharpen your priorities
- Work with clarity and confidence

CLICK TO RSVP

*Participants will be invited by email to RSVP for
the other two sessions of the series at a later date*

QUESTIONS?
E: EVENTS@SIDFP.COM
T: 1.877.790.8492 EXT 1