Strength through Stories—Personal, Professional, Political

December 2, 2017

7:30 am  Registration/Breakfast

8:30 am  Welcome

8:40 am  Professional Keynote

9:45 am  Professional Breakout Sessions (select one to attend)
  - Creating a Narrative: How to develop and tell your story in personal statements, candidate statements, etc.
  - Healing through Stories: How providing space for your patients’ stories enriches your life and creates a space of shared healing
  - The body tells a story: Physical Exam Skills: Learn how to listen to the story the body has to tell; primarily for college students and medical/graduate students in their first year
  - True to yourself—Negotiation Techniques: Identify what matters to you and learn how to negotiate for what you need

10:50am  Break

11:00 am  Personal Keynote: Slow Medicine  Dr. Victoria Sweet

12:00 pm  Lunch

1:15 pm  Personal Breakout Sessions (select one to attend)
  - Narrative Medicine: Explore how writing can deepen your understanding of health, illness, and caretaking; learn tools for reflective practice and integrating narrative skills into your practice.
  - Graphic Medicine: Using comics and graphics with medical themes, participants will discover the unique ways in which reading and creating comics renders the experience of illness itself and moves thoughts from the depths of the writer’s subjective experience into the mind of the reader.
  - Hula: Hula tells the story of a culture, combining community and heritage and elevating movement beyond simply dance. Participants will learn how to tell a story through movement.
  - Soul Food: Food is not only a way of bringing people together, but is a basic aspect of self-care. Learn simple, healthy recipes you can use on the go or use in a group setting to start a conversation about we care for ourselves and others.

2:30pm  Break

2:45 pm  Political Keynote: Owning your Power  Dr. Alisha Moreland

4:00 pm  Political Breakout Sessions (select one to attend)
  - Emerge Oregon: This session will de-mystify the process of getting engaged politically and will connect participants to the knowledge and resources needed to run for office.
  - Doctors Speak Out: Learn how to communicate your stories through social media to engage in broader social and political discussions.
  - Community Activism (Women in Science: Partnerships and grassroots initiatives bring communities of people together to accomplish change.
  - Impacting Health Policy: Learn how health policy works on the local and state level, how to identify partners, draft a bill, and change policy.

5:15 pm  Hors d’oeuvres/Networking