



Presented by



Powerful Minds

In this VETgirl Powerful Mind's Women's Leadership conference, we will have 3 experts in the areas of work-life balance, resiliency and stress management lecturing to approximately 50 women leaders in veterinary medicine. Rebecca Heiss, PhD will walk through the latest research on how to work with our biology rather than fight against it. Imagine being able to harness the stress in your life to maximize your performance without feeling like you're constantly on the edge of burnout and failure! Tune in to dive deeper into how our brains keep us locked into false narratives that have us bending to the whims of others without first respecting our own needs and boundaries.

Jeannine Moga, MA, MSW, LCSW will review what grounded leadership means. Join us to learn more about work-life balance/work-life boundaries, wellbeing literacy, psychological safety+ crucial conversations, help-seeking behaviors, mentorship, compassion fatigue vs. compassion satisfaction, and creating workplaces where we want to be.

November 18

FRIDAY AGENDA

12:00pm - 7:00pm

Arrivals/Check-in at Miraval Arizona
Relax, get settled in, and grab a bite at one of the all-inclusive resort restaurant options

"Meeting of the Minds" Networking Reception

7:00pm - 9:00pm
Hidden Creek Deck

Join us on night one to un"wine" at our meeting of the minds networking happy hour. This fun and interactive event is sure to be the buzz of the retreat with custom cocktails and collaborative activities.

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SPEAKERS:

Rebecca Heiss, PhD
Justine Lee, DACVECC, DABT
Jeannine Moga, MA, MSW, LCSW

DETAILS:

November 18-20, 2022
Miraval Arizona | Tucson Arizona

RETREAT LEARNING OBJECTIVES

1. Transform thinking about stress, success, and achievement, to maximize actual healthy potential.
2. Learn to utilize new tools and techniques for stitching together time.
3. Be provided with actionable steps for contending with distress in the moment
4. Recognize where they are "playing sick" or not going all in because of a fear of failure
5. Redefine failure to reduce fear, regret, and misalignment to self.
6. Understand how biologically our brains set us up to fear rejection (and how to rewire this shortcut)
7. Recognize our own cultural priming that makes us feel like imposters in spaces we should own.



PRELIMINARY AGENDA. SUBJECT TO CHANGE.

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November 19

SATURDAY AGENDA

Powerful Minds

Education/Activity Sessions

6:00am - 7:00am	Morning hike or morning yoga
7:00am - 8:00am	Breakfast on your own at a resort restaurant
8:00am - 8:15am	Welcome - Justine Lee, DVM, DACVECC, DABT
8:15am - 10:15am	<p>Stress, Achievement, Health, and Success: How You Are Hardwired to Perform Successfully? - Rebecca Heiss, PhD</p> <p>In this session, stress physiologist Dr. Rebecca Heiss will walk through the latest research on how to work with our biology rather than fight against it. Imagine being able to harness the stress in your life to maximize your performance without feeling like you're constantly on the edge of burnout and failure!</p>
10:15am - 10:30am	Break

SESSION KEY TAKEAWAYS

- Transform their thinking about stress, success, and achievement, to maximize actual healthy potential.
- Learn to utilize new tools and techniques for stitching together time
- Be provided with actionable steps for contending with distress in the moment
- Recognize where they are "playing sick" or not going all in because of a fear of failure
- Redefine failure to reduce fear, regret, and misalignment to self.

Education/Activity Sessions

10:30am - 11:30am	<p>Leading From the Inside, Out - Jeannine Moga, MA, MSW, LCSW</p>
11:30am - 12:15pm	Panel Discussion: Choreographing Our Lives for What Matters Most
12:15pm - 1:15pm	Lunch on your own at a resort restaurant
1:30pm - 3:30pm	<p>Retreat group activities (Choice of Cooking Demo or High Ropes Course)</p>
3:30pm - 6:00pm	Own time/Individual activities
6:00pm - 8:30pm	Group dinner (Cactus Flower West)
8:30pm - 9:30pm	S'mores & cocoa at the Kiva

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November 20

SUNDAY AGENDA

6:00am - 7:00am	Morning hike or morning yoga
7:00am - 8:00am	Breakfast on your own at a resort restaurant
8:00am - 8:15am	Pay it Forward Nominations Justine Lee, DVM, DACVECC, DABT
8:15am - 10:15am	Breaking Beyond the Imposter: Boundary Setting, People Pleasing and Rejection - Rebecca Heiss, PhD In this session, we rejoin Dr. Rebecca Heiss to dive deeper into how our brains keep us locked into false narratives that have us bending to the whims of others without first respecting our own needs and boundaries. Together, we'll explore the biological and cultural norms that hold women back from leading authentically and learn how to navigate our fear of rejection, so that we can fully embrace ourselves as the strong, confident leaders we already are.
10:15am - 10:30am	Break

KEY TAKEAWAYS

- Understand how biologically our brains set us up to fear rejection (and how to rewire this shortcut)
- Recognize our own cultural priming that makes us feel like imposters in spaces we should own.
- Create a better common enemy to fight against rather than constantly compromising ourselves
- Recognize & practice how to hold and flex boundaries while being true to ourselves

Education/Activity Sessions

10:30am - 11:30am	Bringing Our Best, Building Our Future: Cultivating Trust, Safety, and Belonging - Jeannine Moga, MA, MSW, LCSW
11:30am - 12:15pm	Panel Discussion: Creating the Workspaces We Want to Work in - and Lead
12:15pm - 1:15pm	Lunch on your own at a resort restaurant
1:15pm - 2:15pm	Own time/Individual activities
2:15pm - 5:00pm	Own time/departures

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