



WELLBEING RETREATS FOR PHYSICIANS & NURSES
CARING FOR OURSELVES SO WE MAY CARE FOR OTHERS

The Osler Symposia Statement on Commitment to Clinician Well-Being
...one unique clinician at a time

GOAL: TO IMPROVE CLINICIAN WELL-BEING AT THE INDIVIDUAL LEVEL

"The human heart has a hidden want which science cannot supply." ~ Sir William Osler

Through meaningful education and face-to-face dialogue, the Osler Symposia address the crisis and fallout of physician burnout. The weekend retreats serve as a much-needed antidote to the rampant cynicism and hopelessness that have overtaken the current narrative.

The symposia fill a gap. They are scholarly, practical, evidence-based continuing medical education activities set in a retreat-like setting where skills and practices are taught that enhance lives, professionally and personally. A collegial atmosphere is designed to optimize trust and authentic communication, imparting a strong sense of community and interconnectedness... where doctors and nurses feel safe, and willing to break through their fear and the conspiracy of silence," (a term introduced by Jane Lemaire, MD at the inaugural symposium in 2011). That is when true healing begins. Each in attendance learns they *are not the only one*, that they *are not alone*.

The renowned faculty are experts and leaders in their fields, have inexhaustible passion for their work, a love of teaching, a belief in—and commitment to—the Osler Symposia...and a strong need to serve.

All of these factors contribute to a transformative experience whereby clinicians return to their daily lives, fortified, hopeful, renewed, and recommitted to their patients and their work.

COMMITMENT: TO PRODUCE OSLER SYMPOSIA RETREATS MULTIPLE TIMES EACH YEAR THROUGHOUT THE COUNTRY

"Forming genuine community, based on meaning and shared values, may be the best way for physicians to remember a sense of meaning and integrity in our work. When we talk about a community, we are not talking about something abstract. We're talking about groups of people getting together in a face-to-face way that makes shared meaning and values visible. That strengthens everyone in the room." ~ Rachel Naomi Remen, MD, 2006 interview

We hope to offer 3-4 weekend retreats per year in different regions of the US. In addition, we will offer our services to healthcare organizations that want to offer one- or two-day exclusive retreats to their medical staffs, but do not have the resources or expertise to develop them.

The Osler Symposia, a 501(c)(3) organization, was founded to produce continuing medical education programs solely focused on the health and wellbeing of physicians and nurses. Named for Sir William Osler, its mission is to create a safe place for physicians and nurses to gather, learn, and re-embrace their calling. We envision healthy, happy physicians and nurses, committed to their patients, hopeful about the future, and eager to recommend their professions to their children and grandchildren.