

EXECUTIVE FUNCTIONING WORKSHOPS

Description:

- Open to BC Physicians or Medical Residents/Fellows
- No cost to attend workshops
- No diagnosis required
- Includes access to online Skills Builder Module www.adhdskillsbuilder.com
- Delivered in partnership with Psychiatrist Elisabeth Baerg Hall CCFP, FRCPC. Through PHP, Dr. Hall offers the Build a Better Core Program for Physicians with ADHD. www.EBHallMD.com

Scan the QR Code
to Register



WORKSHOP OFFERING #1: TIME MANAGEMENT WORKSHOP

This practical, interactive workshop will help physicians gain insights into their time management by:

- Understanding time awareness
- Identifying high-stress times (e.g., mornings, end of workday)
- Understanding how personal traits affect how you think about time
- Discussing effective time management techniques for all parts of your life



Tuesday, Nov. 5 at 8:00-9:30am
or Thursday, Dec. 5 at 6:00-7:30pm



Zoom Video Participation Only

Why to attend?

- **Three quick tools** to boost efficiency
- **New insights** into how you manage time
- **Actionable tips** to improve your time approach

WORKSHOP OFFERING #2: PRIORITIZATION WORKSHOP

This practical, interactive workshop will help physicians gain insights into prioritizing. This important skill helps increase peace of mind in addition to boosting efficiency.

- Learn tools to manage ever expanding to do lists
- Get tips on managing tasks when everything feels urgent
- Learn how you can get started on lightening your daily load



Thursday, Nov. 7 at 6:00-7:30pm
or Wednesday, Dec. 4 at 8:00-9:30am



Zoom Video Participation Only

Why to attend?

- **Prioritize your activities** with practical techniques
- **Learn strategies** for managing both personal and others' priorities
- **Develop a system** that works best for you