

# A DAY IN MAY:

## SUSTAINABLE HIGH PERFORMANCE IN SURGERY Learning from sport how to optimize psychological readiness

*A day of practical lessons for surgeons to sustain optimal levels of health,  
and to function at peak capacity.*

**DATE:** Saturday, May 7, 2016  
**LOCATION:** Hurlburt Auditorium, Providence 2,  
St. Paul's Hospital, 1081 Burrard St., Vancouver

**SPONSORED BY:** St. Paul's Foundation

<b>07:45-08:45</b>	Registration and Breakfast	<b>10:30-11:30</b>	<b>Dr. Jason Brooks</b> Sports Psychologist
<b>08:45-09:00</b>	Welcome and Introduction		<i>Topic: Optimizing your performance state: Lessons for Surgeons</i>
<b>09:00-09:20</b>	<b>Dr. Maureen Harriman</b>  World Champion Rower, Otolaryngologist at New Westminster and Whistler	<b>11:30-11:45</b>	Questions and Discussion
	<i>How athletic training prepares you for surgical training</i>	<b>11:45-13:30</b>	Lunch
<b>09:20-09:30</b>	Questions and Discussion	<b>13:30- 14:45</b>	<b>Dr. Jason Brooks</b> Sports Psychologist
<b>09:30-09:50</b>	<b>Dr. Jane Lea</b>  National level soccer player, Otologist at SPH		<i>Topic: On becoming more resilient in the face of acute and chronic stressors</i>
	<i>Mental and cognitive simulation in sport and surgery</i>	<b>14:45-15:00</b>	Break
<b>09:50-10:00</b>	Questions and Discussion	<b>15:00-15:45</b>	<b>Mr. Steve Will</b> Fighter Pilot for Canadian Snow Birds
<b>10:00-10:30</b>	Break		<i>Debriefing lessons for surgeons from a pilot</i>
		<b>15:45-16:00</b>	Closing remarks
		<b>19:00</b>	Conference Dinner <i>(location: ViJ's Restaurant on West 11th)</i>
			Speaker: <b>Dr. John Helliwell</b> (Mr. Happiness)