The ACP So. California Region III Chapter Presents

“Both And: Finding Joy and Success Both at Work and at Home”

AN EVENT FOR EARLY CAREER PHYSICIANS

at

PIRCH™

Monday, June 1, 2015—Pirch Showroom—University Town Center
4545 La Jolla Village Drive, #1, San Diego, CA 92122

Part of building a successful career and a fulfilling life outside of work involves making decisions based on what you envision for yourself, mastering the art of time management, and taking the necessary actions to realize your goals. It’s not always easy, but it is possible. We invite you to spend an evening discussing ways to develop more focused goals, organize and manage your time more efficiently, and regain a sense of balance when the demands on your time are coming from all directions.

This will be a lively and interactive discussion about the challenges and transitions that many early career physicians encounter in their professional and personal lives. From learning how to focus and stay organized during stressful times, to knowing when to seek help and how to mange the team you assemble to provide that help, an excellent team of panelists will share their experiences. Our panel includes:

♦ Olivia Figuered, Certified Life Coach, Speaker and Trainer
♦ Charles Gregg, Licensed Marriage, Family and Child Therapist

Other highlights of the evening:
♦ A healthy cooking demonstration by a Pirch Chef
♦ Samples of the dishes prepared during the cooking demonstration
♦ Advice on a skin care regimen for “on the go” professionals from a Kiehl’s consultant
♦ A gift bag and invitation for a mini-facial from Kiehl’s
♦ Raffles for: A copy of Dr. Dike Drummond’s book, “Stop Physician Burnout,” a copy of the “Lemonade Cookbook,” and a personal coaching session with Olivia Figuered

Date and Time:
Monday, June 1, 2015
5:30 pm—Networking
6:00 pm—Cooking Demo
6:30 pm to 8:30 pm—Presentation and other events

Registration Fee:
$15 for ACP Members
$25 for non-ACP Members and guests

How To Register:
Simply go to our website at: https://www.acponline.org/about_acp/chapters/ca/news_meet.htm and click on the registration link for the “Early Career Physician Event.”

For more information, please contact Natalie Kaczur at 760-522-8461. For directions to Pirch, go to mapquest.com or contact the store directly at 858.966.3600.