### Communication Workshops & Well-Being Retreats

Each year residents participate in six off-site Communication Workshops and Well-Being Retreats. The venue for each varies from a trail in the Gorge to a gym full of trampolines to a contemplative grotto. Here are examples of recent topics:

#### **Communication Workshops**

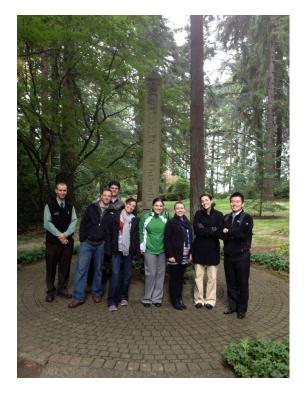
- Transition to R2 Year: Becoming a teacher and leader
- Mastering the Medical Interview
- Rapport, Empathy and Time

#### Well-Being Retreats

- Columbia River Gorge Hike: The soul of the landscape
- Ropes Challenge Course: Team building
- Wisdom of the Body: Alternative ways of healing

"[The major benefit of the retreat was] spending time with fellow residents outside of work. Also enjoying the Pacific Northwest!" Resident

"[I learned] how to teach my patients about self-awareness and mindfulness, to help them cope with pain." Resident



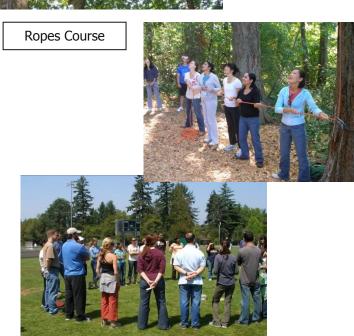


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# Well-Being Retreats









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## Well-Being Retreat









Columbia River Gorge Hike



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