

# Dr. Kalpana Sundar

DrKalpanaSundar@gmail.com /904.540.3441/ www.DrKalpanaSundar.com

## Workshop Proposal

“Navigating Your Personal Journey Through Medicine-The Clarity for Life Balance Workshop”

## Abstract

Burnout amongst medical professionals has hit an all time high during the Covid-19 Pandemic. The importance of dealing with the impact of burnout is paramount to the well-being of ourselves and society.

Burnout is a bigger issue amongst female physicians/medical professionals due to gaps in career advancement, unequal pay and expectations about family and childcare.

As a Female physician, surgeon, entrepreneur, mother and wife, I experienced burnout. That’s why I developed a 90 minute informative workshop that helps female medical professionals gain clarity in medicine so that they can re-engage in their career and find work/life balance.

“Dr. Sundar is an engaging presenter. She has the unique gift to be able to keep the audience entertained and educate them at the same time.” Scott Long, Regional Manager Teleflex.

## Learning Objectives

1. Identify five pros and cons of your daily work life and how they affect other areas of your life.
2. Learn three ways to discover your true unique passions to drive change in your career and life balance.
3. Start with three actions that you can take right now to be the architect of your best life.

## References

Scott Long, Regional Manager Teleflex, 904.599.5415, Scott.Long@teleflex.com  
Matthew Cavanaugh. SE Regional Sales Manager Neocis, 843.860.8430,  
MattCav15@outlook.com

