

# *Transition to Practice: Moving Forward Together*



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# *Learning objectives*

- Describe the impact the transition to practice can have on partners, families and supporters of physicians;
- List the possible implications the transition to practice can have on relationships, and apply strategies to help minimize impact and improve the overall experience of physician families.



# *The impact of transition to practice on partners, families & supporters*



*(The good the bad & the ugly...)*



# *Areas of life impacted by the transition to practice*

- Emotional
- Family/Relationship
- Practical
- Financial





*Areas of life impacted by the transition to practice*

# Emotional



*Areas of life impacted by the transition to practice*

# Family & Relationships



*Areas of life impacted by the transition to practice*

# Practical



*Areas of life impacted by the transition to practice*

# Financial



# *Tips to help minimize the impact...*

- Establish realistic expectations



# *Tips to help minimize the impact...*

- Establish realistic expectations
- Clear & honest communication



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- Establish realistic expectations
- Clear & honest communication
- Prioritize yourself





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- Make time for your most important relationships





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- Set boundaries & stick to them



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- Clear & honest communication
- Prioritize yourself
- Make time for your most important relationships
- Set boundaries & stick to them
- Ask for help



# *Establish Realistic Expectations*



# *Clear & Honest Communication*



# *Prioritize Yourself*

*(aka remember to put your oxygen mask on first!)*





# Make *Time* For Your Most Important Relationships



# *Set Boundaries & Stick To Them*



# *Ask for Help*





*Remember, you are on the same team!*



Which aspects of your *transition to practice* journey are you most **excited** about & **looking forward** to?



Is there anything about your *transition to practice* journey that you are feeling **apprehensive** or **nervous** about?



# Resources for physician families

- [The Flipside Life \(TFSL\)](#)
- [CMA Wellness Support Line](#)
- [\*Physician Family Magazine\*](#)
- [AMA Alliance](#)
- [\*Married to Doctors\*](#) Podcast
- [Homewood Health](#)
- [MD Financial](#)
- [MedsHousing](#)



# The Flipside Life



*Connection*

*Advocacy*

*Education*

JULY 15, 2021

10AM-5PM EDT\*

TICKETS ON SALE NOW!

[TFSL.EVENTBRITE.CA](https://TFSL.EVENTBRITE.CA)

## MEET THE SPEAKERS



ERIKA BEHUNIN  
LICENSED CLINICAL  
SOCIAL WORKER



DR. SAUNDRA DALTON-SMITH  
PHYSICIAN, AUTHOR +  
WELLNESS EXPERT



DR. AMY D'APRIX  
LIFE TRANSITIONS EXPERT



KRISTIN FLANARY  
MARKETING +  
COMMUNICATIONS PRO



CHRIS GOODEN  
EXERCISE PHYSIOLOGIST



KENDRA HARVEY  
CERTIFIED LIFE COACH  
IT GETS BETTER NOW



DR. KWADWO  
KYEREMANTENG  
PHYSICIAN + FOUNDER OF  
SOLVING HEALTHCARE



DR. ALIKA LAFONTAINE  
PHYSICIAN +  
CMA PRESIDENT-ELECT



KELLY NOLAN  
TIME MANAGEMENT  
STRATEGIST



JAMIA PONDER  
FOUNDER + CREATOR OF  
THE MRS. BESIDE



DR. SANDRA PRIMIANO  
PSYCHOLOGIST  
HOMWOOD HEALTH



SARAH SCOTT  
MOMMY BLOGGER  
THESCOTTSTYLE.COM



VALERIE SPIRONELLO  
SOCIAL WORKER +  
MINDFULNESS EXPERT

# THE BETTER TOGETHER PROJECT 2.0

VIRTUAL CONFERENCE

## MEET THE PANEL



HAYLEY HARLOCK  
FOUNDER  
THE FLIPSIDE LIFE



NINA HONEYCUTT  
PANEL MODERATOR  
SOCIAL WORKER +  
PHYSICIAN SPOUSE



LARA MCELERRY  
MARRIED TO DOCTORS  
PODCAST + COACH



HEATHER RIFKIN  
AMA ALLIANCE  
PRESIDENT-ELECT



DONNA BAVER ROVITO  
EDITOR  
PHYSICIAN FAMILY  
MAGAZINE



CURTIS WEBSTER  
FOUNDER  
DADS MARRIED TO  
DOCTORS

I was never able find an event just for physician partners - so I created one. And I'm hosting it again this year. Join us for an all-day virtual event full of learning, connection and fun! It's an opportunity to engage and connect with experts, leaders and rockstars - many from within our community of physician families. I look forward to seeing you at **The Better Together Project 2.0**.

HAYLEY HARLOCK  
FOUNDER, THE FLIPSIDE LIFE

THANKS TO OUR  
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Scotiabank  
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MNP

\* this event will be recorded





Thank you for your time.



Wishing you all the best as you & your family transition to practice.