# Vanderbilt Basic Sciences

# Mental Health & Wellness Summit March 17 Light Hall



**Keynote for Faculty & Staff** 

9:30-10:30 am, 208 Light Hall: "Promoting the Mental Health and Well-Being of Biomedical Trainees"

**Keynote for Graduate Students & Postdocs** 

12:00-1:30 pm, 208 Light Hall: "Becoming a

**Resilient Scientist**"

**KEYNOTE SPEAKER** 

**Sharon Milgram** 

Director, NIH Office of Intramural Training & Education

## **Faculty & Staff Breakout Sessions**

**11:00-11:45 am, 208 Light Hall:** "Faculty, Staff & Postdoc Health and Wellness," Stephanie Dean, Work-Life Connections

Community Listening/Discussion Sessions with Basic Sciences Leadership

1:30-2:30 pm, 411 A/B Light Hall: Tenured, Tenure-Track Faculty

1:30-2:30 pm, 407 A/B Light Hall: Staff

2:30-3:30 pm, 411 A/B Light Hall: Non-Tenure Track Faculty

#### **Graduate Student Breakout Sessions**

1:30-1:45 pm, 208 Light Hall: "University Counseling Center"

2:30-3:00 pm, 208 Light Hall: Stacey Satchell, Graduate Life Coach

4:30-5:30 pm, 411 A/B Light Hall: Community Listening/Discussion

Session with Basic Sciences Leadership

### **Postdoc Breakout Sessions**

**11:00-11:45 am, 208 Light Hall:** "Faculty, Staff & Postdoc Health & Wellness," Stephanie Dean, Work-Life Connections

2:30-3:00 pm, 208 Light Hall: Stacey Satchell, Graduate Life Coach

3:30-4:30 pm, 411 A/B Light Hall: Community Listening/Discussion

Session with Basic Sciences Leadership

Light Breakfast & Lunch (Pizza!) Provided

Learn about Vanderbilt's network of resources and support services

Add to the conversation: tell us what you need!

All faculty, staff, graduate students, and postdocs are invited!



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