

# BRAVE ENOUGH WOMEN'S CME CONFERENCE 2024

*Never Walk Alone*

Where else can you get amazing CME in a restful, gorgeous spa and resort? Join us.

[braveenoughconference.com](http://braveenoughconference.com)

## SPEAKERS



### Dr. Sasha Shillcutt

Founder & CEO of Brave Enough and your Host



### Holly Dowling

Award winner international speaker, author and TV contributor



### Dr. Sarah Richards

Senior Medical Director, Clinician Experience, Nebraska Medicine



### Dr. Kelly Wright

Director of the Division of Minimally Invasive Gynecologic Surgery



### Dr. Adaira Landry

Assistant Professor of Emergency Medicine at the Harvard Medical School and Brigham and Women's Hospital

Friday, September 27 – *Let's Get to Know You*

## AGENDA

### Evening

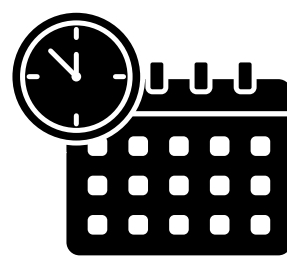
- Registration
- VIP Champagne Party (for Table Members only)
- Welcome Reception & Silent Auction, Drink, Eat, Shop & Meet One Another!

Saturday, September 28 – *Let's Empower You*

### Morning

- **Rise & Shine Yoga and Meditation** with Dr. Jessie Mahoney

[Register Now](#)



September 27–30, 2024  
(this Year's program runs from Friday to Monday)



Omni Scottsdale Resort & Spa Scottsdale, Arizona

**Early Bird Discount available until April 31, 2024.**

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## SPEAKERS



### Dr. Sonal Haerter

Internal Medicine  
Physician



### Dr. Brooke Buckley

Chief Medical Officer of  
Henry Ford Wyandotte  
Hospital



### Michelle Troseth

Author & Co-founder  
of MissingLogic®



### Dr. Tracy Christopherson

Author & Co-founder  
of MissingLogic®



### Aimee Lowe

Attorney | Negotiator |  
Speaker

Saturday, September 28 – *Let's Empower You*

### Morning Sessions

- **Breakfast** (Also: NEW Ask Sasha Anything Private Breakfast for New Attendees + Friends who refer them!)
- **Keynote Address:** Leave Work at Work: Strategies to Stay Well & Live Guilt Free, Dr. Sasha Shillcutt
- **Women Who Said No, Set Boundaries, & Leveled Up Panel Discussion,** Dr. Sasha Shillcutt
- Refreshment Break With Our **Amazing Exhibitors**
- **Awaken the Light Within,** Holly Dowling
- **How to Shift Positions, Follow Your Joy & Embrace Difficult Change,** Dr. Sasha Shillcutt

### Afternoon Sessions

- **Exhibitors, Shopping, Rest, Relax, Spa, Pool, YOU Time!**
- **FREE** Private Legal One-on-Ones, **FREE** Executive Coaching, Optional Headshots

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## SPEAKERS



### Dr. Stephanie Byerly

Academic  
Anesthesiologist & Life  
Coach



### Dr. Jessie Mahoney

Pediatrician, Coach & Yoga  
and Mindfulness Teacher



### Dr. Ali Novitsky

CEO and Founder of  
The FIT Collective™



### Dr. Wendy Ledesma

Medical Director for  
Hospital Medicine and  
Cardiac Rehabilitation.

[Register Now](#)

**Sunday, September 29** – *Let's Tune Up Your Physical & Emotional Wellbeing*

### Morning Sessions

- **Mindfulness Exercises for the Women Physician: Power Poses & Breathwork to Start Your Day Right** with Dr. Stephanie Byerly
- **Mentoring Round Tables** (10 Amazing Topics to Choose From) & Breakfast
- **The Missing Logic In Leadership**, Dr. Tracy Christopherson & Michelle Troseth
- **Redefining Your Own Success in Medicine**, Dr. Sonal Haerter
- **The Impact of Stress on Your Health + Small Group Discussions**, Dr. Ali Novitsky
- **Identifying Internal Glass Ceilings & How to Overcome Them**, Dr. Stephanie Byerly

### Afternoon Sessions

- Exhibitors, Shopping, Rest, Relax, Spa, Pool, YOU Time!
- **FREE Private Legal One-on-Ones, FREE Executive Coaching, Optional Headshots**
- **Brave Enough Gala Cocktail Hour** (Drinks Included!)
- **Brave Enough Gala Dinner & Dance**

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**Monday, September 30** – *Let's Design Your Work Life to Fit Your Needs*

## Morning Sessions

- **Rise & Shine Workout & Stretch with Dr. Ali Novitsky**
- Breakfast
- **Five Non-Negotiables for Women in the Workplace**, Aimee Lowe, JD
- **How To Work In A Challenging Culture & Remain True to Yourself**, Dr. Wendy Ledesma & Aimee Lowe, JD
- MicroSkills For Managing A Task List, Dr. Adaira Landry
- Refreshment Break With Our Amazing Exhibitors
- **8 Days A Week: The Science of Preventing Burnout With Vacations**, Dr. Kelly Wright
- **Don't They Get It? Lessons From The C Suite on Institutional Wellness**, Dr. Sarah Richards & Dr. Brooke Buckley
- **Back To The Battle: Your Plan To Lead Well**, Dr. Sasha Shillcutt
- See You Next Year! **SAVE THE DATE**: Thursday, Sept 25 – Sunday Sept 28th, 2025

## *What is in it for You?*

- FREE executive coaching, NO COST legal advice
- UNBELIEVABLE speakers and programming
- Mentoring breakfasts & preconference yoga, meditations & stretch
- Networking champagne party & delicious eats
- Dinner, Dance and Gala INCLUDED in your conference ticket
- Afternoons off to spa, relax by the luxurious pools, rest and recharge

[\*\*Register Now\*\*](#)

The Metro Omaha Medical Society designates this live activity for a maximum of 11.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in this activity.  
This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the Metro Omaha Medical Society and Brave Enough LLC. The Metro Omaha Medical Society is accredited by the Nebraska Medical Association to provide continuing medical education for physicians.

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