CME / CE Activity Detail Page

Wellness & Leadership Retreat for Women in Healthcare - Envision Your Wellness, LLC

Activity Date: May 13, 2026 - May 16, 2026
Activity Type: Live
Location: Arizona, USA
CE: 5 total credits

This activity offers 5 CE credits for:

1. Physicians (*AMA PRA Category 1 Credit™*)
2. Nurses (ANCC NCPD)
3. Pharmacists (ACPE CPE)
4. Physician Assistants (AAPA Category 1)
5. Social Workers (ASWB- ACE)
6. Psychologists (APA CME)
7. Dietitians (CDR CPEUs)
8. Dentists (ADA-CERP CME)
9. Athletic Trainers (BOC CEUs)
10. Other*

*All other attendees will receive an *AMA PRA Category 1 Credit™* participation certificate

FACULTY:

Shani Esparaz, M.D., DipABLM

INSTRUCTIONS FOR LEARNING:

This activity is delivered as a 2.5-day, live, in-person wellness retreat designed specifically for women physicians. The retreat combines evidence-based educational content with experiential learning, reflective exercises, and facilitated group coaching. Content is delivered through interactive workshops, guided discussions, expressive writing exercises, and practical skill-building sessions focused on nervous system regulation, emotional awareness, leadership development, and values-aligned career planning. Learners engage in experiential activities that support real-time application of concepts such as polyvagal theory, metacognition, Internal Family Systems (IFS), and sustainable career design. Additional resources may include reflective prompts, structured frameworks, and implementation tools to support continued growth beyond the retreat. The activity includes live coaching and peer-learning components that encourage reflection, co-regulation, and practical integration of skills. To claim credit, learners are required to participate in the retreat activities and complete a post-activity evaluation, which may include reflective exercises and self-assessment. Throughout the course, learners will develop practical strategies to regulate stress responses, align professional decisions with personal values, and build more sustainable and fulfilling careers.

STATEMENT OF NEED:

This education is needed due to high rates of burnout, emotional exhaustion, and work-family conflict among women physicians, combined with significant gaps in wellness and leadership education. Research demonstrates that traditional medical training does not adequately address nervous system regulation, emotional processing, or sustainable career development. Women physicians face additional challenges, including underrepresentation in leadership, compensation disparities, and increased caregiving burdens. Existing wellness initiatives often focus on surface-level interventions without addressing root causes such as chronic nervous system dysregulation, maladaptive coping strategies, and misalignment between personal values and professional demands. Many physicians lack frameworks for understanding perfectionism, over-functioning, and chronic stress responses, leading to self-blame and ineffective coping strategies. This retreat addresses these gaps by providing evidence-based, experiential education focused on nervous system regulation, emotional awareness, values alignment, and authentic leadership development to support long-term professional sustainability and well-being.

LEARNING OBJECTIVES:

After participating in this activity, learners will be able to:

1. Apply evidence-based techniques for nervous system regulation and stress management.
2. Identify and reframe protective behavioural patterns such as perfectionism and over-functioning.
3. Utilize values-based frameworks to guide leadership and career decision-making.
4. Implement sustainable strategies to improve professional fulfilment and reduce burnout risk

TARGET AUDIENCE:

This activity is suitable for Physicians, Nurses, Pharmacists, Physician Assistants, Social Workers, Psychologists, Dietitians, Dentists, Athletic Trainers, and other healthcare professionals.

It is particularly designed for women physicians across specialities who are experiencing burnout, stress, or disconnection from their values and are seeking evidence-based approaches to sustainable practice, emotional resilience, and authentic leadership.

DISCLOSURE DECLARATION:
It is the policy of Pinnacle Conference, LLC, to ensure independence, balance, objectivity, scientific rigor, and integrity in all of their CE activities. Faculty must disclose to the participants any relationships with commercial companies whose products or devices may be mentioned in faculty presentations, or with the commercial supporter of this CE activity. Pinnacle Conference, LLC, has evaluated, identified, and mitigated any potential conflicts of interest through a rigorous content validation procedure, use of evidence-based data/research, and a multidisciplinary peer review process. The following information is for participant information only. It is not assumed that these relationships will have a negative impact on the presentations.

Faculty Disclosures
Shani Esparaz, M.D., DipABLM, has nothing to disclose.

Planning Committee
Shani Esparaz, M.D., DipABLM, has nothing to disclose.
Pamela Mehta, MD, has nothing to disclose.

Content Reviewer
Shafqat Abbas, PharmD, has nothing to disclose.

All relevant financial relationships have been evaluated and mitigated.

Unlabeled Use Disclosure
Faculty of this CME/CE activity may include discussions of products or devices that are not currently labeled for use by the FDA. The faculty have been informed of their responsibility to disclose to the audience if they will be discussing off-label or investigational uses (any uses not approved by the FDA) of products or devices. Pinnacle Conference, LLC, the faculty, planners, and Envision Your Wellness, LLC do not endorse the use of any product outside of the FDA-labeled indications. Medical professionals should not utilize the procedures, products, or diagnosis techniques discussed during this activity without evaluation of their patient for contraindications or dangers of use.

CREDIT INFORMATION

Jointly Accredited Provider
In support of improving patient care, this activity has been planned and implemented by Envision Your Wellness, LLC and Pinnacle Conference, LLC. Pinnacle Conference, LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Physicians - ACCME
Pinnacle Conference, LLC, designates this Live activity for a maximum of 5 *AMA PRA Category 1 credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Note to Nurse Practitioners: Nurse practitioners can apply for *AMA PRA Category 1 credits™* through the American Academy of Nurse Practitioners (AANP). AANP will accept *AMA PRA Category 1 credit™* from Jointly Accredited Organizations. Nurse practitioners can also apply for credit through their state boards.

Nurses - ANCC
This activity is designated for 5 contact hours.

Pharmacists - ACPE

To receive CPE credit through CPE Monitor, please ensure you have provided your NABP ePID number and DOB appropriately. If you are unsure or would like to confirm, please contact ce@learnatpinnacle.com within 60 days of completing the activity.

Physicians Assistants - AAPA

Pinnacle Conference, LLC has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 5 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Psychologists - APA

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Athletic Trainers - BOC

Pinnacle Conference, LLC (BOC AP#: JA4008385) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of (5) Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Registered Dietitians - CDR

Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (1 IPCE credits = 1 CPEU). If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (1 hour/60 minutes = 1 CPEU). RDs and DTRs are to select activity type 102 in their Activity Logs. Performance Indicator selection is at the learner's discretion.

Social Workers - ASWB

As a Jointly Accredited Organization, Pinnacle Conference, LLC is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 5 General continuing education credits.

Dentists - ADA-CERP CME

Pinnacle Conference, LLC is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Concerns or complaints about a CE provider may be directed to the provider or to the Commission for Continuing Education Provider Recognition at ADA.org/CERP. Pinnacle Conference, LLC designates this activity for 5 hours continuing education credits. Concerns or complaints about a CE provider may be directed to the provider, or to the Commission for Continuing Education Provider Recognition at ADA.org/CERP.