CME / CE Activity Detail Page

The Restore Retreat - Dr. Priyanka Venugopal

Activity Date: March 4, 2027 - March 7, 2027
Activity Type: Live
Location: Grand Velas Boutique, Cabo, Mexico
CE: 10 total credits

This activity offers 10 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 CE)
7. Dietitians (CDR CPEUs)
8. Dentists (ADA-CERP CE)
9. Athletic Trainers (BOC CEUs)
10. Other*

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

FACULTY:

Priyanka Venugopal, MD

INSTRUCTIONS FOR LEARNING:

This activity consists of a four-day in-person wellness retreat followed by virtual integration and coaching support. Participants will engage in live educational sessions, guided coaching experiences, reflective exercises, journaling activities, facilitated group discussions, and structured wellness practices designed to improve resilience, stress regulation, and sustainable professional performance. Content is delivered through expert-led teaching, evidence-informed coaching frameworks, self-assessment exercises, guided reflection, peer discussion, and development of individualized action plans. Educational sessions focus on stress management, emotional resilience, perfectionism, boundary setting, recovery practices, and long-term wellbeing strategies. Participants will also create a personalized Integration Blueprint designed to support continued implementation of learned concepts following the retreat. The retreat format combines active learning with dedicated time for reflection, restoration, and application of new skills. To claim credit, learners must participate in the educational sessions and complete the post-activity evaluation. Virtual follow-up coaching and integration support reinforce continued implementation of sustainable wellbeing practices after the retreat experience.

STATEMENT OF NEED:

High-achieving professional women frequently experience chronic stress, burnout, emotional exhaustion, perfectionism, and difficulty maintaining sustainable recovery practices while balancing demanding professional and personal responsibilities. Despite significant expertise in their respective fields, many professionals struggle to implement effective strategies for stress regulation, boundary setting, emotional resilience, and long-term wellbeing. Traditional professional development programs often emphasize productivity, performance, and information acquisition without providing sufficient opportunities for reflection, integration, or behavioral implementation. As a result, many individuals continue patterns of overwork, chronic stress activation, and ineffective recovery behaviors that negatively impact both professional effectiveness and personal wellbeing. This activity addresses these gaps by providing a structured educational experience focused on resilience-building, emotional regulation, reflective practice, and sustainable behavior change. Through live instruction, guided coaching, integration exercises, and follow-up support, participants develop practical strategies to improve wellbeing, reduce burnout risk, and enhance long-term professional sustainability.

LEARNING OBJECTIVES:

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

1. Identify patterns of chronic stress, perfectionism, and maladaptive behaviors that contribute to burnout and reduced wellbeing.
2. Apply evidence-informed strategies for emotional regulation, resilience building, and sustainable stress recovery.
3. Develop healthier personal and professional boundaries that support long-term wellbeing and performance.
4. Create and implement an individualized plan for maintaining resilience, recovery, and sustainable professional success.

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 specifically designed for high-achieving professional women working in demanding careers, including physicians, healthcare professionals, executives, attorneys, entrepreneurs, educators, and organizational leaders. The activity is particularly relevant for professionals experiencing chronic stress, burnout, perfectionism-driven behaviors, emotional exhaustion, and challenges balancing professional achievement with personal wellbeing.

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
Priyanka Venugopal, MD, has nothing to disclose.

Planning Committee
Priyanka Venugopal, MD, 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 Dr. Priyanka Venugopal 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 Dr. Priyanka Venugopal 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 10 *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 10 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 10 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 (10) 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 10 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 10 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.