



Translating Science into Solutions for Better Health

Seminar Series: Rapport with Time: Strategies for Healthy Time Allocation

Time pressures are a constant in professional life, but how we relate to time can make all the difference. This seminar offers a thoughtful space to examine current time use, professional boundaries, and competing demands. Through reflection and shared discussion, attendees will explore practical ways to approach time more intentionally and sustainably.

Following this event, you will be able to:

- Reflect on current time management strategies and barriers
- Explore time management strategies
- Develop systems for future time management and boundary control

Location: Via Zoom



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Associate Professor of Clinical
Emergency Medicine Vice
Chair of Education Interim
Executive Vice Chair

DATE & TIME:

January 15, 2026

12:00 - 1:00 pm PST

SCAN ME

