

WOMEN IN MEDICAL SCIENCES FALL RETREAT

“Empowering Your Time”

FEATURED SPEAKERS
(pictured below from left to right)

Lori Mihalich-Levin, JD – believes in empowering women and especially working parents. She is the founder and CEO of Mindful Return, author of Back to Work After Baby: How to Plan and Navigate a Mindful Return from Maternity Leave, and co-host of the Parents at Work Podcast. She is mama to two wonderful red-headed boys (ages 8 and 10) and is a former partner in the health care practice at Dentons US LLP. Called a “working mama guru” by *Working Mother Magazine*, Lori has been committed to promoting women’s equality and leadership throughout her career. Her thought leadership has been featured in publications including *Forbes*, *The Washington Post*, *New York Times Parenting*, *Thrive Global*, and *The Huffington Post*.

Laura Vanderkam is the author of seven time management and productivity books including 168 Hours, I Know How She Does It, and What the Most Successful People Do Before Breakfast. Her TED talk, “How to gain control of your free time,” has been viewed more than 11 million times. She is the host of the every-weekday-morning podcast, *Before Breakfast*, and the co-host, with Sarah Hart-Unger, of the *Best of Both Worlds* podcast. She lives outside Philadelphia with her husband and five kids, and blogs at LauraVanderkam.com.

Christina Shenvi, MD, PhD is an Emergency Physician, educator, and mom of four, who also speaks, teaches, and coaches on time management at Time For Your Life. Her passion is helping busy professionals feel less stress and overwhelm while getting more of what matters done. Her goal is not just to inform individuals about new ideas, but transform how they think about time, themselves, their worth, and what they can accomplish.



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24TH FROM 9AM-1PM

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MEDSCIENCE2021](https://go.unc.edu/womenmedscience2021)

This event is co-sponsored by the Office of Faculty Affairs and Leadership Development, the Association of Professional Women in Medical Sciences (APWIMS), and the UNC Health Foundation via a generous gift by alumna Lianne de Serres, MD.

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