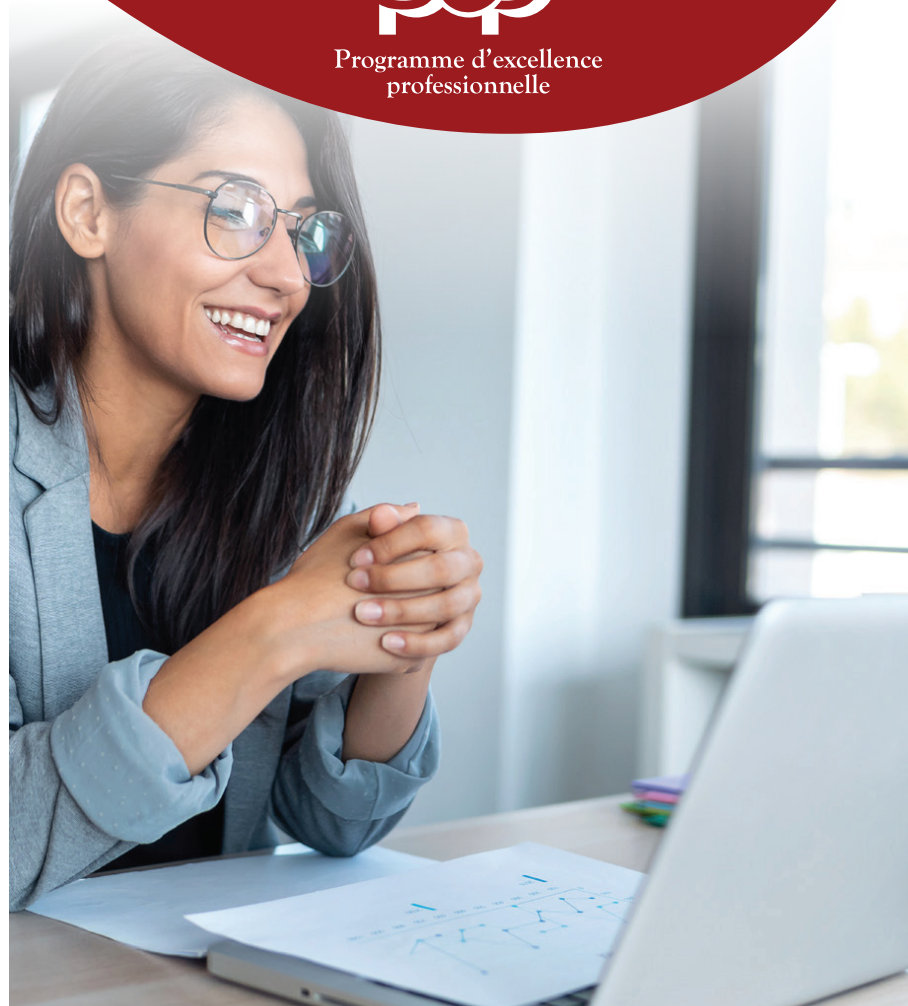


FALL 2023



Programme d'excellence  
professionnelle



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Health Canada Santé  
Canada Canada



CONSORTIUM NATIONAL  
DE FORMATION EN SANTÉ

Volet Université d'Ottawa

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[cnfs.ca](http://cnfs.ca)



## Conferences will be held in French only

### The **PROFESSIONAL EXCELLENCE PROGRAM (PEP)**

led by the CNFS – Volet Université d'Ottawa provides French-language continuing education in various health fields and aims to:

- ▶ improve daily practices of professionals in Francophone minority communities
- ▶ foster exchanges among health professionals

**Registration free of charge:** cnfs.ca under the tab Professionnels - Conférences.

### **NOTE**

Conferences are held from 12:00 noon to 1 p.m. (Eastern Time). Please make sure to adjust according to your time zone.

The Consortium national de formation en santé (CNFS) is a pan-Canadian group of sixteen universities and colleges that offer French-language education in various health disciplines. The University of Ottawa is one of sixteen university and college partners that constitute the CNFS.



**September 15, 2023**

**How to manage your time and energy more efficiently?**

### **RAPHAEL RENAUX**

Instructor at the University of Ottawa's Professional Development Institute RRESULTS and University of Ottawa

- ▶ Reviewing the four energy pillars
- ▶ Regaining control over your agenda and your mailbox
- ▶ Looking at how to better manage your workload



**October 18, 2023**

**Dealing with eroding empathy in a caregiving context**

### **CHARLES-ANTOINE BARBEAU-MEUNIER, M.D., M.A.**

Resident physician

- ▶ Addressing the role of empathy in relation to suffering and compassion
- ▶ Recognizing the components of empathy that can be modulated
- ▶ Using strategies to foster empathy competency



**November 16, 2023**

**The notion of care among academics**

### **STÉPHANIE GAUDET, Ph. D.**

Full professor of sociology and Director of the Centre for Interdisciplinary Research on Citizenship and Minorities at the University of Ottawa

- ▶ Understanding the concept of gender
- ▶ Developing a critical insight into the organization of work
- ▶ Understanding the complexity of emotional and professional burdens associated with training-related work