



## CME / CE Activity Detail Page

Wellness Mastermind - Envision Your Wellness

Activity Date: November 7, 2025 - November 7, 2028

Activity Type: Enduring

CE: 10 total credits

This activity offers 10 CE credits for:

1. Physicians (AMA PRA Category 1<sup>TM</sup>)
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<sup>TM</sup> participation certificate

### FACULTY:

Shani Esparaz, MD

### INSTRUCTIONS FOR LEARNING:

This educational activity consists of a comprehensive group coaching program designed for women healthcare professionals experiencing high-functioning burnout. The program combines self-paced learning modules with live group coaching sessions and individual coaching sessions to provide a flexible, supportive learning experience that accommodates demanding clinical schedules. Content is delivered through self-paced video and written materials, live interactive group coaching sessions for peer learning and community connection, and one-on-one coaching consultations for personalized guidance and accountability, supplemented by worksheets and practical implementation tools. To claim continuing education credits, participants must engage with all self-paced content, attend group coaching sessions, complete individual coaching sessions, and submit post-activity surveys and reflective questions demonstrating application of learned strategies. Throughout this course, learners will acquire evidence-based strategies grounded in lifestyle medicine—including whole-food nutrition, physical



activity, mindfulness, positive social connection, and restorative sleep—to recognize, reduce, and prevent high-functioning burnout while strengthening self-leadership and sustainable well-being.

### **STATEMENT OF NEED:**

Physicians are experiencing burnout at crisis levels, with 62.8% experiencing at least one symptom and nearly half reporting active burnout, according to recent data. Women physicians are disproportionately affected, with up to 40% leaving medicine within six years of training and one-third considering leaving the profession due to burnout. While systemic issues are primary contributors, approximately 20% of burnout stems from personal factors, including imposter syndrome, perfectionism, and difficulty setting boundaries—areas where many women in healthcare lack adequate training and tools. This educational activity addresses this critical gap by providing evidence-based coaching frameworks and lifestyle medicine principles that have been shown to significantly reduce burnout and improve resilience, helping women healthcare professionals manage high-functioning burnout, strengthen self-leadership, and sustain career satisfaction.

### **LEARNING OBJECTIVES:**

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

1. Identify the signs and symptoms of high-functioning burnout, including the role of imposter syndrome, perfectionism, and personal factors that contribute to chronic overwhelm and exhaustion.
2. Apply evidence-based lifestyle medicine principles—including whole-food nutrition, physical activity, mindfulness, positive social connection, and restorative sleep—to reduce burnout and enhance overall well-being.
3. Implement mindset mastery and nervous system regulation techniques to improve emotional regulation, self-efficacy, and boundary-setting in professional and personal contexts.
4. Develop an individualized action plan that integrates practical, evidence-based strategies to strengthen self-leadership, improve work-life balance, and sustain long-term resilience and career satisfaction.



## **TARGET AUDIENCE:**

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

This program is specifically designed for women healthcare professionals across all specialties and practice settings who are experiencing or at risk for high-functioning burnout and seeking evidence-based strategies to enhance their well-being, confidence, and sustainable career fulfillment.

## **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, MD, has nothing to disclose.

### **Planning Committee**

Shani Esparaz, MD, has nothing to disclose.

Pamela Mehta, MD, has nothing to disclose.

### **Content Reviewer**

James Thomas, MSc, 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 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. 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 enduring video 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](mailto: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



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

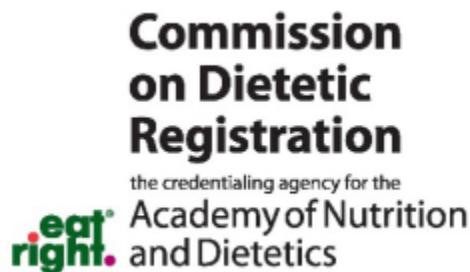
Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

## 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 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.

## Interprofessional Continuing Education (IPCE)

This activity was planned by and for the healthcare team, and learners will receive 10 Interprofessional Continuing Education (IPCE) credit for learning and change.