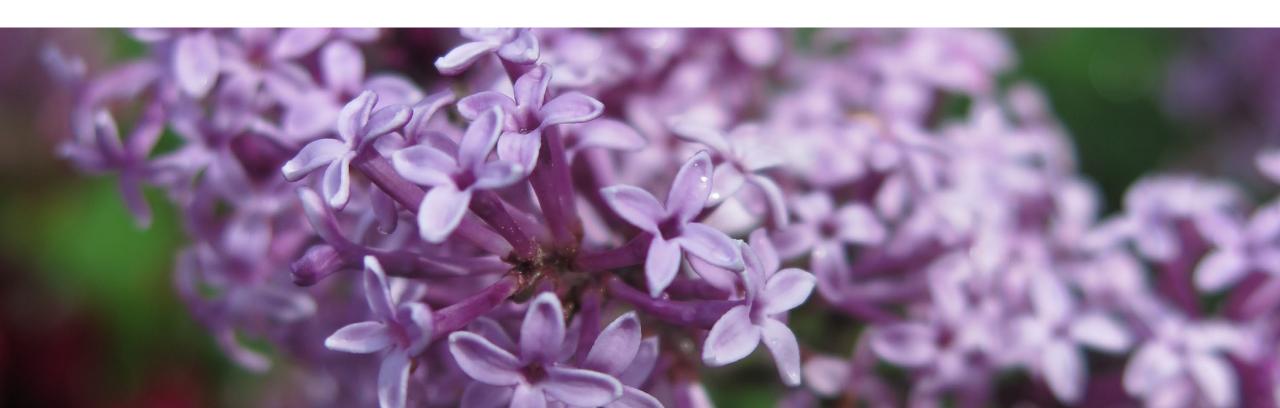


ABOUT

Goal is to provide a comprehensive wellness experience to compliment the robust training program offered here at Baptist.

We want you to learn well and be well so that your patients and your loved ones experience the best version of you.



KATEY CHAPPELL

Wellness Co-Director

FAM

Married to Dr. Todd Chappell
Doggy Emma
Enjoy extended family

FUN

Beach beach beach!

But also Harry Potter world at
Universal Orlando!

WORK

Physician Assistant / Nurse West Clinic Breast Center I love my patients!



JENNIFER LEE

Wellness Co-Director

FAM

Married to Dr. Daniel Lee 13 mo old son Judah Native Memphians

FUN

Mountains aaah...

Doing baby stuff

Mentoring/discipling young women

WORK

Clinical Research for Medtronic with focus in cardiac pacing



THE WELL

OVERALL

PHYSICAL WELLBEING

LIFE SKILLS

INTERPERSONAL

GENERAL

TEAM BUILDING





OVERALL

Time to Unwind

Annual wellness lake retreat



PHYSICAL WELLBEING

Condition the Body

- Exercise physiology for improvement of posture and reduction of muscle fatigue during surgery.
- Equipment in residency space
- Massage therapy session
- Self-defense training



LIFE SKILLS

Adulting

- Time management
- Spatial organization
- Healthy cooking/meal prep
- Financial literacy, investing early
- Integrating faith



Co-resident team building/communication skill building/conflict resolution

- Soft skills for job search and interviewing
- Interpersonal relationship skill building personal,
 familial, patient care setting
- Managing of familial stressors care of young an old

INTERPERSONAL

Relationship Goals



Counseling & coaching resources convenient for your schedule

- Leadership training
- Resident appreciation recognitions
- Stress relief techniques / Pulse on burnouts
- 1:1 with Katey or Jen

GENERAL

Big Picture



TEAM BUILDING

Enjoy the Company

Dinners, game night, escape room, scavenger hunt, obstacle course, laser tag, parks, zoo, museums, exercise class, art class, baking class, kayaking, horseback riding, corn maze, community service, baseball game, basketball game, brewery, holiday events, festivals, etc.

