

You're invited to celebrate

Just One Heart

The stories of mental resilience and wellbeing

September Wisdom

Virtual + Interactive + Real-Time Coaching + No-Cost

Teams Virtual Event

Thursday, September 28th @ 5 p.m. PT / 7 p.m. CT / 8 p.m. ET

Sign up at bcgt220.org



Just One Heart

The Stories of Mental Resilience and Wellbeing

THURSDAY, SEPTEMBER 28TH @ 7 P.M. CT via Teams

Our Keynote Speaker | Jonathan Fisher, MD FACC



Dr. Jonathan Fisher's mission is to help others train the mind and heal the heart. He is a Harvard-trained clinical cardiologist, mindfulness meditation teacher, and organizational well-being and resiliency leader at Novant Health for a team of 38,000. Join us and lean into his heartfelt leadership, stress mastery and total well-being perspectives for family, school and organization globally.

Our Moderator Danielle and Panelists (Mental Health Allies)



Danielle Dombek
Wellbeing Coach at Microsoft



Katherine
Captain



Daniel
Espinosa



Glenn
Leifheit

Agenda: Welcome and Introduction – Ms. Jordan Anderson, Director of Learning Services

- Keynote presentation on “Just One Heart” – Jonathan Fisher, MD FACC
- Moderator Danielle Dombek and Panel introduction – Danielle, Katherine, Daniel and Glenn
- Diverse panel from various mental health journey
- Q&A | BCGT Update and volunteer opportunities

Sign up at bcgt220.org/events

JONATHAN FISHER, MD FACC

- Dr. Jonathan Fisher's mission is to help others train the mind and heal the heart. He is a Harvard-trained clinical cardiologist, mindfulness meditation teacher, and organizational well-being and resiliency leader at Novant Health for a team of 38,000.

- He has delivered keynotes and workshops on heartfelt leadership, stress mastery, and total well-being for teams and organizations globally, including IBM, Bank of America, IE Business School, The American College of Lifestyle Medicine, The American Medical Women's Association, and universities and healthcare organizations.

- In 2020 he co-founded the Ending Clinician Burnout Global Community and organized the world's first global summit dedicated to ending physician burnout, with over a thousand participants from 43 countries.

- He is working on his first book, "Just One Heart: How to Train Your Mind and Heal Your Heart," for release in Spring 2024.

