



CME / CE Activity Detail Page

Navigate Retreat - Uncharted Leadership

Activity Date: September 27, 2026 - October 3, 2026

Activity Type: Live

Location: Sestri Levante, Italy

CE: 10 total credits

This activity offers 10 CE credit(s) for:

1. Physicians (*AMA PRA Category 1 Credit™*)
2. Nurses (ANCC NCPD)
3. Pharmacists (ACPE CPE)
4. Dentists (ADA-CERP CE)
5. Other*

*All other attendees will receive an *AMA PRA Category 1 Credit™* participation certificate

FACULTY:

Marsha Kucera, MD

INSTRUCTIONS FOR LEARNING:

This live educational activity consists of an immersive, in-person leadership retreat designed for women physicians and healthcare leaders. Participants will engage in a series of facilitated coaching sessions, guided reflective exercises, small-group discussions, experiential learning activities, and structured practice planning throughout the retreat. Content is delivered through individualized coaching, evidence-informed leadership frameworks, facilitated peer discussion, guided movement-based learning, reflective writing exercises, and practical communication strategies focused on recognizing and addressing patterns that contribute to burnout, ineffective communication, boundary erosion, self-doubt, and reactive leadership behaviors. To claim credit, participants must attend the educational activity and complete the post-activity evaluation. Throughout the retreat, learners will develop an individualized practice-commitment plan designed to support meaningful improvements in leadership effectiveness, professional fulfillment, team communication, and healthcare delivery.



STATEMENT OF NEED:

Women physicians continue to experience disproportionately high rates of burnout, workplace stress, self-doubt, and leadership-related challenges compared with their peers. Evidence demonstrates persistent gaps in the development of practical leadership, communication, and resilience skills needed to effectively navigate complex healthcare environments while maintaining professional well-being and delivering high-quality patient care. Although wellness programs are increasingly available, many emphasize awareness without providing structured, evidence-informed strategies that clinicians can apply in daily practice. Observable practice gaps include ineffective boundary-setting, conflict avoidance, reactive decision-making, limited self-monitoring of cognitive and emotional patterns, and difficulty responding to workplace dynamics that affect professional performance and leadership effectiveness. These challenges can contribute to decreased clinician well-being, impaired team communication, reduced professional satisfaction, and diminished capacity to provide patient-centered care. This activity addresses these gaps through an experiential, coaching-based educational approach that equips participants with practical leadership, communication, and self-management strategies designed to improve professional effectiveness, strengthen workplace relationships, enhance resilience, and support sustainable, high-quality healthcare delivery.

LEARNING OBJECTIVES:

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

1. Apply cognitive-behavioral and individualized self-monitoring tools to identify and interrupt automatic patterns of thought, emotion, and behavior that drive overworking, self-doubt, and reactive decision-making in clinical and leadership practice.
2. Distinguish systemic and structural contributors to burnout, boundary erosion, and misaligned definitions of success from purely individual factors, and identify levers for change within one's own sphere of influence.
3. Apply evidence-based communication strategies, including boundary-setting scripts and conflict-naming language, to navigate high-stakes professional and interpersonal interactions with clarity and reduced emotional cost.
4. Recognize and respond to gendered dynamics affecting women in medical and organizational leadership, including imposter syndrome and Tall Poppy Syndrome, at both the individual and systems level.



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5. Synthesize personal insight gained throughout the activity into a written, individualized practice-commitment plan, reviewed and reinforced in structured post-activity follow-up.

TARGET AUDIENCE:

This activity is suitable for Physicians, Nurses, Pharmacists, Dentists, and other healthcare professionals.

It is particularly relevant for women physicians, physician leaders, medical directors, department leaders, healthcare executives, and clinicians seeking to strengthen leadership effectiveness, communication skills, professionalism, resilience, and systems-based practice to improve team performance, clinician well-being, and patient care.

DISCLOSURE DECLARATION:

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Faculty Disclosures

Marsha Kucera, MD, has nothing to disclose.

Planning Committee

Marsha Kucera, MD, has nothing to disclose.

Pamela Mehta, MD, has nothing to disclose.

Content Reviewer

Shafqat Abbas, PharmD, has nothing to disclose.

All relevant financial relationships have been evaluated and mitigated.



Unlabeled Use Disclosure

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CREDIT INFORMATION

Jointly Accredited Provider

In support of improving patient care, this activity has been planned and implemented by Uncharted Leadership and Pinnacle Conference, LLC. 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 Live 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 within 60 days of completing the activity.



Dentists - ADA-CERP CME



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