



# Population Health & Well-being Series

## Prescription For Physician Burnout



**Live Webinar**

Mar 18, 2025

1:00-2:00 pm (Qatar Time)



## Speaker

**Dr. Sivaneswaran Poobalasingam**

*Chair, Advisory Board Lifestyle Medicine Global Alliance  
Founding President, Malaysian Society Of Lifestyle Medicine*

### Learning objectives:

- 1 Outline determinants of physician wellbeing
- 2 Describe stress, burnout, and stress resilience
- 3 Discuss lifestyle medicine and self care
- 4 Recognize the role of mindfulness in stress resilience, managing and preventing burnout

**Target Audience:** Physicians, Nurses, Dentists, Pharmacists, Allied Health Practitioners, Students, Researchers, Educators and Administrators

**Free Registration:** Contact Us: [iph@qatar-med.cornell.edu](mailto:iph@qatar-med.cornell.edu)



#### DHP Accreditation Statement:

Weill Cornell Medicine-Qatar is accredited as a provider of Continuing Medical Education (CME) and Continuing Professional Development (CPD) by the Department of Healthcare Professions (DHP) of the Ministry of Public Health.

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