

MAY 1-3, 2026

# WOMEN IN DERMATOLOGY LEADERSHIP FORUM

TORONTO, ONTARIO

FRIDAY, MAY 1	
Indulgence & Inspiration - Welcome Reception 7:00 – 9:00 p.m.	
SATURDAY, MAY 2	
8:15 – 9:15 a.m.	Networking Breakfast
9:15 – 9:30 a.m.	<b>Welcome &amp; Introductions</b>
9:30 – 10:30 a.m.	<b>Perimenopause Panel</b> <i>Dr. Sandra Landolt &amp; Dr. Natalie Gamache</i>
Break - 30 minutes	
11:00 – 12:30 p.m.	<b>Navigating Finances as a Woman in Medicine</b> <i>Drs. Paul &amp; Jane Healey</i>
Networking Lunch - 60 minutes	
1:30 – 2:45 p.m.	<b>Having Difficult Conversations</b> <i>Dr. Pearl C. Kwong</i>
Break - 30 minutes	
3:15 – 4:30 p.m.	<b>Life, Hacked: Quick Wins for Living Well Beyond the Clinic</b> <i>Moderator: Dr. Michele Ramien</i> <i>Resilience – Dr. Denise Wexler</i> <i>Work-life Balance – Dr. Nicole Maillet-Lebel</i> <i>Efficiency - Dr. Geeta Yadav</i> <i>Exercise - Dr. Shanna Spring</i> <i>Burn Out - Dr. Julia Carroll</i> <i>Vacation Planning – Dr. Amy Cao</i>
Free Time – 60 minutes	
<b>The Finishing Touch</b> - Closing Reception 5:30 – 7:00 p.m.	
SUNDAY, MAY 3	
7:30 – 8:00 a.m.	Networking Breakfast
8:00 a.m. – 12:00 p.m.	<b>The Triple-Brain Dermatologist! Leading with Intuition, Connection, and Creativity*</b> <i>Dr. Shimi Kang</i>
12:00 – 12:15 p.m.	<b>Closing Remarks</b>

# The Neurobiology of Leadership

## HALF-DAY WORKSHOP DESCRIPTION

*with Dr. Shimi Kang*

SUNDAY, MAY 3 | 8:00 a.m. – 12:00 p.m.

### The Triple-Brain Dermatologist! Leading with Intuition, Connection, and Creativity

For women in dermatology, leadership is a multidimensional balancing act. Whether you are managing a private clinic, navigating hospital hierarchies, or debunking "skin-fluencer" myths, your success depends on how well your three brains communicate.

This 4-hour workshop utilizes Dr. Shimi Kang's 3-brain framework to optimize professional and personal performance. We will dive into the **Intuitive Gut Brain** to conquer imposter syndrome, the **Social Emotional Heart Brain** to revolutionize staff management and allyship, and the **Thinking Head Brain** to tackle constant change, misinformation and business strategy. Participants will leave with a "Neuroleadership Toolkit" designed to move them from reactive stress to proactive, impactful leadership.

#### Learning Objectives

- **Identify** the neurological triggers that cause "brain block" in business, social and personal interactions.
- **Apply** "Neuro-leadership" to manage staff, business and build genuine professional networks.
- **Utilize** the "Thinking Brain" to deconstruct misinformation and execute high-level business decisions.
- **Develop** a practical "Allyship Roadmap" using social-emotional intelligence.

#### Workshop Agenda & Practical Tools

##### Hour 1: The Intuitive Brain (The Gut)

**Focus:** *Survival, Instinct, and Intuitive Confidence*

- **The Science:** Understanding the gut-brain axis in decision-making and the "Safety First" instinct.
- **Topic: Imposter Syndrome:** How the brain's survival mechanism misinterprets growth as a threat, leading to "fraud" feelings.
- **Practical Tool: The 5-Second Grounding Technique.** A neuro-hack to shift from a reactive gut response to a calm, centered state during high-pressure aesthetic procedures or business negotiations.
- **Breakout Session 1:** "*The Gut Check.*" In small groups, share a recent "Imposter Moment" and apply the grounding technique to reframe the narrative from "I'm a fraud" to "I'm expanding."

##### Hour 2: The Social Emotional Brain (The Heart)

**Focus:** *Belonging, Staff Management, and Interaction*

- **The Science:** The neurobiology of empathy, oxytocin, and "In-group" dynamics.
- **Topic: Managing Staff & Colleagues:** Using emotional intelligence to reduce clinic

## The Triple-Brain Dermatologist! Leading with Intuition, Connection, and Creativity

turnover and resolve conflicts in personal and professional life.

- **Practical Tool: The "KEYS." Communication Framework** for difficult staff performance reviews.
- **Breakout Session 2: "The Heart of the Clinic."** Roleplay a common conflict (e.g., a scheduling error or a tense colleague interaction) using the KEYS. tool.

### Hour 3: The Thinking Brain (The Head)

**Focus:** *Logic, Strategy, and Misinformation*

- **The Science:** The Prefrontal Cortex's role in executive function and complex problem-solving.
- **Topic: Business Ownership & Misinformation:** Using logic to filter out "noise"—from social media skincare myths to complex overhead structures.
- **Practical Tool: The Logic Filter.** A 3-step checklist to evaluate new business investments or respond to patient misinformation without emotional escalation.
- **Breakout Session 3: "The Myth-Buster Lab."** Participants work in pairs to draft a 30-second "Thinking Brain" script to debunk a popular piece of dermatology misinformation for patients.

### Hour 4: Integration – The Ally and Accomplice

**Focus:** *Using all 3 Brains for Social Impact*

- **The Framework: \* Intuitive:** Recognizing the "gut" discomfort of witnessing inequity.
  - **Social Emotional:** Building empathy required to support marginalized colleagues.
  - **Thinking:** Strategizing structural changes (Accompliceship) rather than just offering words (Allyship).
- **Practical Tool: The Accomplice Action Plan.** A template for identifying one systemic change in your workplace (hiring practices, patient accessibility, or mentorship).
- **Closing Circle:** One "3-Brain Commitment" each member will take back to their practice.

### Practical Takeaways for Participants

Brain Center	Leadership Application	Daily Tool
Intuitive (Gut)	Overcoming Imposter Syndrome	The Reset Breath
Social Emotional (Heart)	Staff Motivation & Allyship	KEYS Scripts
Thinking (Head)	Business & Misinformation	The Logic Filter