

MAY 1-3, 2026

WOMEN IN DERMATOLOGY LEADERSHIP FORUM

TORONTO, ONTARIO

All gatherings will take place on the lower level of the hotel.

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.	Welcome & Introductions
9:30 – 10:30 a.m.	Perimenopause Panel <i>Moderator: Dr. Marcie Ulmer</i> <i>Dr. Sandra Landolt & Dr. Nathalie Gamache</i>
Break - 30 minutes	
11:00 – 12:30 p.m.	Navigating Finances as a Woman in Medicine <i>Drs. Paul & Jane Healey</i>
Networking Lunch - 60 minutes	
1:30 – 2:45 p.m.	Having Difficult Conversations <i>Dr. Pearl C. Kwong</i>
Break - 30 minutes	
3:15 – 4:30 p.m.	Life, Hacked: Quick Wins for Living Well Beyond the Clinic <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	
The Finishing Touch - 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.	The Three-Brain Dermatologist! Leading with Intuition, Connection, and Creativity* <i>Dr. Shimi Kang</i>
12:00 – 12:15 p.m.	Closing Remarks

The Neurobiology of Leadership

HALF-DAY WORKSHOP DESCRIPTION

with Dr. Shimi Kang

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

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

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