



# 2026 Mentor/Mentee Meeting

April 30–May 2, 2025 | Chicago, IL

## Preliminary 2026 ASES Mentor/Mentee Meeting Program Schedule

Sponsor: Catalyst

### FRIDAY, MAY 1, 2026

7:00 – 7:45 Registration and Breakfast

#### **Introductory Session**

7:45 – 7:50 Meeting Welcome and Introduction

7:50 – 8:15 Ice Breaking Session – Get to Know Each Other

#### **Session I: Leadership**

8:15 – 8:30 ASES Engagement as a Young Surgeon: What Leadership Expects of You

8:30 – 9:00 Table Mentoring Session #1

- Question: What do mentors and mentees need from each other in the first 3 years of practice?
- Round Table w/ 1 Senior & 1 Junior Mentor per Group of Mentees

9:00 – 9:15 What Does Leadership Mean to Me?

9:15 – 9:45 What is Your Approach to Leadership (Discussion Panel)

#### **Session II: Industry Collaboration/Technology and Innovation**

9:45 – 10:00 A Surgeon's Journey in Product Design

10:00 – 10:15 Product Development & Engineering

10:15 – 10:45 Partnership with Industry: Surgeon Perspective vs Business Perspective (Discussion Panel)

10:45 – 11:00 Becoming a Digital Opinion Leader



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## **BREAK/TRAVEL TO WRIGLEY FIELD**

11:30 Depart for Wrigley Field for Cubs Game

1:00 – 4:00 Chicago Cubs Game (Lunch, Networking, Make a Social Media Post Competition, Have Fun!)

## **RETURN TO VENUE**

### **Session III – Dinner and Fireside Chats**

- Do You Really Want To Be A Team Physician?
- Fellows, Residents, & Med Students “Oh My”
- What We Think The Future of Shoulder/Elbow Is

## **ADJOURN FOR DAY**

## **SATURDAY, MAY 2, 2025**

7:00 - 7:45 Breakfast

### **Introductory Session**

7:45 – 7:50 Day Announcements

### **Session IV: Early**

7:50 - 8:05 How to build the right team?

8:05 - 8:20 How to develop a good coaching habit?

8:20 - 8:35 How to balance the expectations of private practice?

8:35 - 8:50 How to balance the expectations of academic medicine?

8:50 - 9:10 How to succeed early on? (Discussion Panel)

9:10 - 9:20 Break



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9:20 - 9:35 Work Life Integration

9:35 - 10:05 Table Mentoring Session #2

- Question: Strategies to Balance Work, Family, & Personal Fulfillment
- Round Table w/ 1 Senior & 1 Junior Mentor per Group of Mentees

10:10 - 10:30 Work Life Integration (Discussion Panel)

## **Section VI: Business of Medicine/Financial wellness**

10:35 - 10:50 Understanding the Business of Medicine

10:50 - 11:05 How to manage your money early in practice

11:05 - 11:20 When is it time to change course?

11:20 - 11:35 Life Lessons You Should Know Sooner Rather than Later (Discussion Panel)

11:35 - 11:50 Technology Will Change - Judgement Is What Endures

## **LUNCH**

12:45 - 1:00 What We Need From Mentors? (Mentee Perspective)

1:00 - 1:15 Managing Complications Early in Your Practice

1:15 - 1:45 Mentoring Session #3:

- What Were Takeaways From This Meeting That I Can Immediately Implement and Strategies to Stay Accountable

1:45 - 2:00 Closing Remarks

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