LIMITLESS
LEADERS SUMMIT

LIMITLESS Leaders is a groundbreaking initiative that empowers women who are early in their careers as surgeons to achieve leadership positions by breaking down professional barriers. The program provides resources and support needed to help participants succeed through collaboration, education, and mentorship.

ASPS extends its heartfelt thanks to the fantastic members of the LIMITLESS Leaders Steering Committee: Anureet Bajaj, MD, MBA; Noopur Gangopadhyay, MD; Ashley Amalfi, MD; Donna Tepper, MD; Smita Ramanadham, MD; and Jana Sacco, MD. We're incredibly grateful for your contributions and are honored to work alongside such passionate and visionary leaders.

ASPS also expresses its sincere gratitude to Allergan Aesthetics, an AbbVie Company, for its unwavering dedication to promoting and supporting women physicians. The company's commitment to developing and sponsoring programs like LIMITLESS is truly inspiring and makes a real difference in the lives of early-career women surgeons.

PODCAST

LIMITLESS

With insightful interviews and candid conversations, the LIMITLESS podcast is a must-listen for anyone seeking inspiration and guidance on their own leadership journey.

LISTEN NOW

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LIMITLESS
LEADERS SUMMIT

May 19-21, 2023 | **Seattle, WA**

LEARN, COLLABORATE, ELEVATE.
Together, women surgeons rise.

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Friday, May 19, 2023 ....

10:00 a.m. – 1:00 p.m.	**Registration** *(Ballroom Foyer)*
1:00 – 1:15 p.m.	**Opening Remarks by Anureet Bajaj, MD, MBA, Limitless Co-Chair, and Carrie Strom, President, Allergan Aesthetics an AbbVie Company** *(Ballroom DE)*
1:15 – 2:15 p.m.	**Keynote Address by Susan Mackinnon, MD; Pursuing your Dreams – Find your Level 7** *(Ballroom DE)*
2:15 – 4:15 p.m.	**Leadership in the Workplace** *(Ballroom DE)* moderated by Anureet Bajaj, MD, MBA

- *Melinda Haws, MD*
- *Lynn Jeffer, MD, MBA*
- *Sylvia Gray, MD*
- *Carrie Strom, President, Allergan Aesthetics an AbbVie Company*
- *Archana Ramaswamy, MD*

4:15 – 4:30 p.m.	Coffee & Snack Break *(Ballroom Foyer)*
4:30 – 5:30 p.m.	*How Women Rise* **Book Club Discussion** *(Ballroom DE)* lead by Noopur Gangopadhyay, MD
6:00 – 6:15 p.m.	**Meet in Lobby for transportation to Welcome Reception**
6:30 – 8:30 p.m.	**Welcome Reception at the Space Needle**

Saturday, May 20, 2023 ....

7:00 – 8:00 a.m.	Breakfast *(Ballroom AB)*
8:00 – 9:00 a.m.	**How to Become a KOL (Key Opinion Leader)** *(Ballroom DE)* moderated by Ashley Amalfi, MD

- *Heath Ponder, Director of Strategic Communications, Allergan Aesthetics an AbbVie Company*
- *Susan Zhong, MD*
- *Cynthia Diehl, MD*

9:00 – 10:00 a.m.	**Managing Implicit Bias in the Workplace** *(Ballroom DE)* moderated by Noopur Gangopadhyay, MD

- *Anureet Bajaj, MD, MBA*
- *Camille Cash, MD*
- *Dionne Blyden, MD*

10:00 – 10:15 a.m.	Coffee Break *(Ballroom Foyer)*
10:15 – 11:00 a.m.	**What Do You Really Want? (And, What May be Holding You Back?)** *(Ballroom DE)* Laura Baldwin, RN, SHRM-CP
11:00 a.m. – 12:00 p.m.	**Financial Planning** *(Ballroom DE)* Bonnie Koo, MD, Founder, Wealthy Mom MD
12:00 – 1:00 p.m.	Networking Lunch *(Ballroom AB)*
1:00 – 2:00 p.m.	**Presentation Skills** *(Ballroom DE)* Beth Rogers, Founder, Point Taken Consulting
2:00 – 3:00 p.m.	**Breakout Session:** Financial Planning or Presentation Skills *(Ballroom DE and Ballroom C)*
3:00 – 4:00 p.m.	**Wellness** *(Ballroom DE)* Moderated by Donna Tepper, MD

- *Nicole Sommer, MD*
- *Archana Ramaswamy, MD*
- *Roxie Albrecht, MD*

4:00 – 4:10 p.m.	Group Photo
4:30 – 5:45 p.m.	**Optional Networking:** Self Defense Class with MKG Martial Arts *(Ballroom C)* *No need to bring a change of clothes; wear comfortable clothing that allows free movement. Comfortable shoes are encouraged.*
5:45 – 6:45 p.m.	Cocktails *(Ballroom Foyer)*

Sunday, May 21, 2023 ....

6:30 – 8:00 a.m.	**Optional Networking:** Coffee & City Walk *(Ballroom Foyer)*

Grab & Go Breakfast & Departures

Network: Hyatt_Meeting
Password: asps23