**Title:** *Efficiency and Maintaining Energy:*

**Speaker:** James Lubowitz, MD

Individuals have unique abilities and styles. Regardless of style, just as we have tools to facilitate surgery, there are tools to improve or achieve efficiency resulting in improved productivity and satisfaction and more personal energy. Tools and concepts reviewed will include achieving flow, identifying priorities and time requirements when making to do lists, learning to say no, tuning in moods and feelings, moderation, the 20:80 rule, and the downside of perfectionism.