

6-8 June 2026

THE HUMAN SIDE

Wellbeing, careers and culture in medicine

The human side: wellbeing, careers and culture in medicine



This programme is designed for all clinicians seeking to enhance their professional journey. Sessions focus on leadership development, mentorship, workplace culture, resilience, and wellbeing. Participants will discover practical strategies for building supportive environments, overcoming challenges such as addiction and bullying, and fostering a culture of compassion and inclusion. Expect lively discussions and insights to help you grow both personally and professionally.

P

Panel Discussion

ESAPI

Mellin-Olsen Memoriam: From suppression to support

06 June 2026
10:30 – 11:30

ESAIC Expo



By the end of the session, participants will be able to:

- Identify suppression techniques within anaesthesia departments and assess their impact on professional development, teamwork, and patient care.
- Explore strategies to build an inclusive and supportive environment by addressing unconscious bias and fostering psychological safety.
- Develop practical approaches to mentoring and supporting trainees while cultivating a culture that values diverse perspectives.

Chair: Sarah Saxena (Mons, Belgium)

Recognising and addressing suppression techniques

Speaker: Mia Gisselbaek (Geneva, Switzerland)

Unconscious bias and workplace dynamics

Speaker: Patricio González-Pizarro (Madrid, Spain)

Mentorship and support strategies

Speaker: Idit Matot (Tel Aviv, Israel)

Panel discussion

LT

Lightning Talk

ESALT1

Voices of leadership: lessons, legacy, and leading the future

Session organised by the National Anaesthesiologists Societies Committee (NASC)

06 June 2026
16:15 – 17:15

ESAIC Expo



By the end of this session, participants will be able to:

- Understand leadership as a core competency in anaesthesia, applicable to all roles, from trainees to senior consultants.
- Identify key behaviours and mindsets that support effective leadership in clinical, educational, and organisational settings.
- Apply practical strategies for teaching, mentoring, and modelling leadership behaviours within anaesthesia teams.
- Recognise the importance of intentional mentorship and sponsorship in building future leaders and promoting a culture of support and growth.
- Reflect on personal leadership practices and commit to actionable steps that enhance team performance, resilience, and professional development.
- Recognise the importance of diversity, equity, and inclusion in shaping strong, representative leadership in anaesthesia.

Chair: Idit Matot (Tel Aviv, Israel)

From trainee to trailblazer: building a culture of leadership at every level

Speaker: Marko Zdravkovic (Maribor, Slovenia)

Women in anaesthesia leadership

Speaker: Anne Marie Camilleri Podesta (Msida, Malta)

The do's and don'ts of leading in anaesthesia: what they never taught us in training

Speaker: Carla Nau (Luebeck, Germany)

More than a role model: mentorship, sponsorship, and the power of being seen

Speaker: Serban-Ion Bubenek-Turconi (Bucharest, Romania)

Discussion

LT

Lightning Talk

ESALT2

From surviving to thriving: career, leadership and wellbeing

Session organised by the ESAIC Trainees Committee

07 June 2026
10:30 – 11:30

ESAIC Expo



During this session, participants will discuss career strategies that support trainees in developing leadership skills without compromising their well-being. The session will challenge common myths and present evidence-based approaches to gender disparities, mentorship, and support structures. Attendees will also be equipped with practical tools to maintain resilience, prevent burnout and build fulfilling, sustainable careers.

Chair: Antonia Kustura (Zagreb, Croatia)

Leadership pathways in anaesthesia: skills, challenges, and opportunities

Speaker: Daniela Ionescu (Cluj Napoca, Romania)

Work-life balance and resilience: strategies for long-term success

Speaker: Anne Marie Camilleri Podesta (Msida, Malta)

From trainee to consultant: leadership skills for early career anaesthetists

Speaker: Dora Karmelic (Zagreb, Croatia)

Emotional intelligence: managing stress, conflict and team dynamics

Speaker: Iulia Crisan (Zürich, Switzerland)

Discussion

P

Panel Discussion

ESAP3

Addicted anaesthesiologists: a hidden crisis in the profession

Session organised by the European Board of Anaesthesiology (EBA)



07 June 2026
15:45 – 16:45

ESAIC Expo



By the end of this session, participants will be able to recognise early behavioural and professional signs of substance abuse in anaesthesiologists and take appropriate steps to address concerns within their workplace. They will discuss real-world cases and legal frameworks to better understand the ethical responsibilities and institutional policies related to substance abuse in anaesthesia. Finally, they will apply practical strategies to foster a supportive work environment that enables early intervention, rehabilitation and reintegration for affected colleagues.

Chair: Olegs Sabelnikovs (Riga, Latvia)

Under the radar: recognizing addiction in anaesthesiologists

Speaker: Olegs Sabelnikovs (Riga, Latvia)

Walking the tightrope: ethics, legalities, and patient safety

Speaker: Kresimir Oremus (Zagreb, Croatia)

Breaking the chains: practical strategies for recovery and support

Speaker: Emilia Guasch (Madrid, Spain)

Panel discussion

P

Panel Discussion

ESAP4 Academic bullying in medicine and anaesthesiology

07 June 2026
17:00 – 18:00

ESAIC Expo



By the end of the session, participants will be able to:

- Define academic bullying and evaluate its impact on individuals and institutions.
- Examine power imbalances in medical education and identify strategies for fostering positive mentorship.
- Recognise institutional measures to prevent and address academic bullying effectively.

Chair: Mia Gisselbaek (Geneva, Switzerland)

Recognising and addressing academic bullying: impact on mental health and career progression

Speaker: Mark Neuman (Pennsylvania, United States)

Power dynamics in medical training: how to foster a culture of support and mentorship

Speaker: Shiri Zarour (London, United Kingdom)

Institutional strategies to prevent and mitigate academic bullying

Speaker: Eric Albrecht (Lausanne, Switzerland)

Panel discussion

P

Panel Discussion

ESAP5 Caring for patients, users, relatives and employees after an adverse event

Session organised by the ESAIC Patient Safety and Quality Committee

08 June 2026
10:30 – 11:30

ESAIC Expo



By the end of the session, participants will understand how to approach patients and their relatives following an adverse event. They will also learn how to support healthcare professionals affected by such events. Additionally, the session will explore how compassionate leadership and a supportive culture can help care for both patients and professionals in the aftermath of adverse outcomes.

Chair: Daniel Arnal (Madrid, Spain)

Caring for patients, users and relatives after a serious adverse event

Speaker: Benedikt Preckel (Amsterdam, Netherlands)

Caring for healthcare professionals and other employees after a serious adverse event

Speaker: Maria Wittmann (Bonn, Germany)

Compassionate leadership and culture in the context of serious adverse events

Speaker: Argyro Zoumprouli (London, United Kingdom)

Panel discussion

P

Panel Discussion

ESAP6 Challenges for the parent physician: time management, fellowships and moving abroad

08 June 2026
12:00 – 13:00

ESAIC Expo



By the end of the discussion, participants will be able to recognize the unique challenges faced by physicians who are parents or aspiring parents. – They will be able to have potential support strategies. – In this discussion, they will explore work-life balance solutions for parent physicians.

Chair: Crina L Burlacu (Dublin, Ireland)

Navigating the intersection of parenthood and professionalism: challenges faced by households with 2 physicians

Speaker: Eva Roofthoof (Leuven, Belgium)

Help! I have to move abroad for my fellowship: what about my family?

Speaker: Mia Gisselbaek (Geneva, Switzerland)

Help! I have to move abroad for my family: what about my career?

Speaker: Joana Berger-Estilita (Bern, Switzerland)

Panel discussion