

## Navigating the wellness-performance interface for collaborative remediation planning

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Postgraduate trainees appearing before the Board of Examiners at the University of Toronto not infrequently identify that wellness issues impact their professional behavior and academic performance. Similarly, a significant reason for trainee visits to the Office of Resident Wellness is for anxiety related to poor academic performance.

We have developed a collaborative and integrated approach to remediation planning within the programs of resident wellness, and research & education in the postgraduate medical education office at our university, with the aim to:

1. identify the co-morbidities of ill health and poor academic performance, and
2. incorporate wellness strategies into remediation plans to optimize resident academic success.