

# WELLNESS ROUNDS

## The Science of Happiness, Part I: Foundations of Well-Being

Speaker: Gillian Mandich, PhD

Assistant Professor, Dept. of Psychiatry, University of Manitoba

Date/Time: Friday, November 21, 2025 • 12:00–13:00 CT

Location: Zoom

Sponsored by Department of Psychiatry, Max Rady College of Medicine,  
Shared Health, Doctors Manitoba, CBTm Hub – [www.cbtm.ca](http://www.cbtm.ca)

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### Learning Objectives

1. Understand the scientific foundations of happiness and its relationship to physical and mental health.
2. Identify common barriers to happiness and explore evidence-based practices to navigate them.

### Speaker Bio



Dr. Gillian Mandich is an Assistant Professor in the Department of Psychiatry at the University of Manitoba and holds a PhD in Health Science from Western University. She is a happiness researcher, educator, speaker, and author; founder of The International Happiness Institute; and co-lead investigator of the Happiness at Work Study with the Mental Health Association. Named one of the Top 100 Most Powerful Women by the Women's Executive Network, she shares evidence-informed strategies to support well-being through regular appearances in national and international media.

# WELLNESS ROUNDS

## The Science of Happiness, Part II: Evidence-Based Strategies for Enhancing Well-Being

Speaker: Gillian Mandich, PhD

Assistant Professor, Dept. of Psychiatry, University of Manitoba

Date/Time: Friday December 19, 2025 • 12:00–13:00 CT

Location: Zoom

Sponsored by Department of Psychiatry, Max Rady College of Medicine,  
Shared Health, Doctors Manitoba, CBTm Hub – [www.cbtm.ca](http://www.cbtm.ca)

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### Learning Objectives

1. Identify evidence-based strategies shown to enhance happiness and resilience among physicians.
2. Learn research-backed strategies and practical tools to increase motivation, support well-being, and enhance quality of life.

### Speaker Bio



Dr. Gillian Mandich is an Assistant Professor in the Department of Psychiatry at the University of Manitoba and holds a PhD in Health Science from Western University. She is a happiness researcher, educator, speaker, and author; founder of The International Happiness Institute; and co-lead investigator of the Happiness at Work Study with the Mental Health Association. Named one of the Top 100 Most Powerful Women by the Women's Executive Network, she shares evidence-informed strategies to support well-being through regular appearances in national and international media.

# WELLNESS ROUNDS

## Mindfulness and Self-Compassion Foundations of Well-Being

Speaker: Krystal Thorington, MD, FRCPC

Lecturer, Dept. of Psychiatry, University of Manitoba

Date/Time: Friday, January 16, 2026 • 12:00–13:00 CT

Location: Brodie Centre / Zoom (TBC)

Sponsored by Department of Psychiatry, Max Rady College of Medicine,  
Shared Health, Doctors Manitoba, CBTm Hub – [www.cbtm.ca](http://www.cbtm.ca)

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### Learning Objectives

1. Discuss how we define work - life balance, and what it means to each of us
2. Discuss the complexities of professional and personal obligations

### Speaker Bio

Dr. Krystal Thorington is a lecturer in the Department of Psychiatry at the University of Manitoba, and works as a child & adolescent psychiatrist. She is the current the Child & Adolescent Psychiatry Subspecialty Program Director, and is the medical co-lead for Project ECHO, Mental Health and Addictions in Manitoba. She has a particular clinical interest in feeding and eating disorders.

# WELLNESS ROUNDS

## Mindfulness and Self-Compassion Foundations of Well-Being

Speaker: Jitender Sareen

Professor and Head, Dept. of Psychiatry, University of Manitoba

Date/Time: Friday, February 20, 2026 • 12:00–13:00 CT

Location: Brodie Centre / Zoom (TBC)

Sponsored by Department of Psychiatry, Max Rady College of Medicine,  
Shared Health, Doctors Manitoba, CBTm Hub – [www.cbtm.ca](http://www.cbtm.ca)

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### Learning Objectives

1. Understand the importance of Mindfulness and Self-compassion in improving resilience
2. To understand the optimal approaches for incorporating mindful practice and self-compassion in medical practice for physicians and Rady Faculty of Health Sciences Students.

### Speaker Biosketch



Dr. Sareen is Professor and Head of the Department of Psychiatry at the University of Manitoba, and Provincial Lead for Mental Health and Addictions for Shared Health. Dr. Sareen has published over 450 peer-reviewed publications in the areas of traumatic stress, anxiety disorders, indigenous suicide, psychiatric neuroimaging, and military mental health. Dr. Sareen has practiced Cognitive Behavior Therapy for 25 years and has received the Beck Scholar Award from the Academy of Cognitive Therapy in 2014.