

EDID Workshop Series:
Connecting with your inner upstander during medical education and research

September 21, 2026

2:30- 4:00 PM

Location: HSA 101

Session- Specific Learning Objectives:

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

1. Identify how bias and discrimination may manifest from childhood through medical practice.
2. Analyze the connection between personal experience and patient-centered, decolonized healthcare outcomes.
3. Apply concrete language and strategies for intervening as an upstander, not a bystander.
4. Formulate one specific action you will carry back into your own clinical or academic setting.

2:30 - 2:33	Opening Remarks & Speaker Introduction
2:33 - 2:39	Present: Where identity, curiosity, and a sense of justice first took shape
2:39 - 2:44	Self Reflection: Menti- Word Cloud & Pair Discussion
2:44 – 2:50	Present: First encounters with bias in science and pre-med spaces
2:50 - 2:55	Pair Discussion
2:55 – 3:01	Present: Navigating academic and research culture as a woman in science
3:01 – 3:10	Small Group Discussion & Debrief with everyone
3:10 – 3:16	Present: Discrimination witnessed toward peers and patients
3:16 – 3:30	Small Group Discussion & Debrief with everyone
3:30 – 3:35	Present: Power, hierarchy, and finding her voice
3:35 – 3:41	Poll: Menti Survey
3:41– 3:46	Present: How these experiences shaped a decolonized, patient-centered practice & Practical language you can use
3:46 – 3:50	Self-Reflection: Written Commitment & (Optional) Debrief with everyone
3:50 – 3:58	Question & Answer Period
3:58 – 4:00	Closing Remarks & Completion of Evaluations

25% of this program is dedicated to participant interaction.

CFPC (Mainpro+ Certified Activity)

This activity meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development, Schulich School of Medicine & Dentistry, Western University for up to 1.5 Mainpro+® Certified Activity credits. Mainpro+ ID: 304599-001

For RCPSC (MOC Section 1)

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by Continuing Professional Development, Schulich School of Medicine & Dentistry, Western University. You may claim a maximum of 1.5 hours (credits are automatically calculated).

Non-Financial Sponsorship Statement

This program has received no financial support.

Overall Learning Objectives:

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

1. Describe and apply equity-centred concepts and evidence-informed frameworks—including accessibility, inclusion, cultural humility, anti-racism, bias, and decolonization—to teaching, research, and clinical education within medical and health professions contexts.
2. Reflect on and strengthen inclusive professional practice by recognizing the impact of systemic inequities, power, and privilege, and employ respectful, culturally safe, and responsible communication in educational and clinical environments.
3. Identify and implement strategies for collaborative, equity-driven change by leveraging interprofessional and cross-disciplinary partnerships to advocate for inclusive systems and embed EDID principles within programs, policies, and institutional practices.