Department of Surgery
UNIVERSITY OF TORONTO

2026 DEPARTMENT OF SURGERY SYMPOSIUM

Survive or Thrive:
Finding Meaning in a Surgical Career at Every Stage

Saturday, November 7, 2026 • 0730 – 1220 **MaRS Discovery District Auditorium**

TIME	SPEAKER	SESSION
0730–0800	*Breakfast and registration*	
0800–0805	Terry Yau & Carol Swallow	**Welcome and introductory remarks**
0805–0815	Paul Fedak	**Professional identity and burnout: When the mask eats your face**
0815–0825	Chris Caldarone	**Moments, momentum, and the moment of momentum – making life work**
0825–0835	Louise Harris	**Peer to peer support and more**
0835–0905	**GROUP DISCUSSION**	
0905–0915	*Break*	
0915–0925	Jana Dengler	**Restructuring, Not Just Resilience: Early-Career Strategies for a Sustainable Academic Surgical Practice**
0925–0935	Deepa Kumar	**Challenges / strategies in community practice**
0935–0945	Geeta Lal	**The Hidden Physical Cost of Surgery: Ergonomics, Culture, and Career Longevity**
0945–1015	**GROUP DISCUSSION**	
1015–1025	Ian McGilvray	**Mid career challenges / strategies**
1025–1035	Carole-Anne Moulton	*Title to be announced*
1035–1105	**GROUP DISCUSSION**	
1105–1115	*Break*	
1115–1125	Terry Yau	**Retirement, rediscovery and reinvention**
1125–1135	Jacob Langer	**Academy of Senior Surgeons Experiencing Transition (ASSET)**
1135–1145	Chris Feindel	**Coaching and mentoring – Is there a role in surgery?**
1145–1215	**GROUP DISCUSSION**	
1215–1220	Terry Yau	**Wrap-up and closing remarks**

Short presentations & extended audience discussion • Current & retired faculty and surgical trainees