

# Goals for Accomplishments in the First Ten Years of Practice



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# Disclosure

- Today's speaker does not receive financial support from or have any commercial relationship with any drug or equipment product manufacturers or vendors that may be mentioned or displayed in the course of this presentation



# Objectives

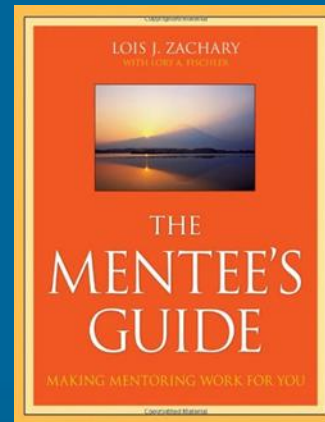
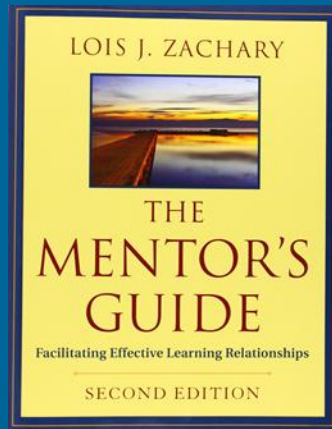
Upon completion of this session, the participant will be able to:

- Understand the importance of acquiring an effective mentor
- Be able to set priorities in order to establish a healthy work/life balance
- Become knowledgeable of the steps to networking and evolving as an educator and/or leader in our specialty

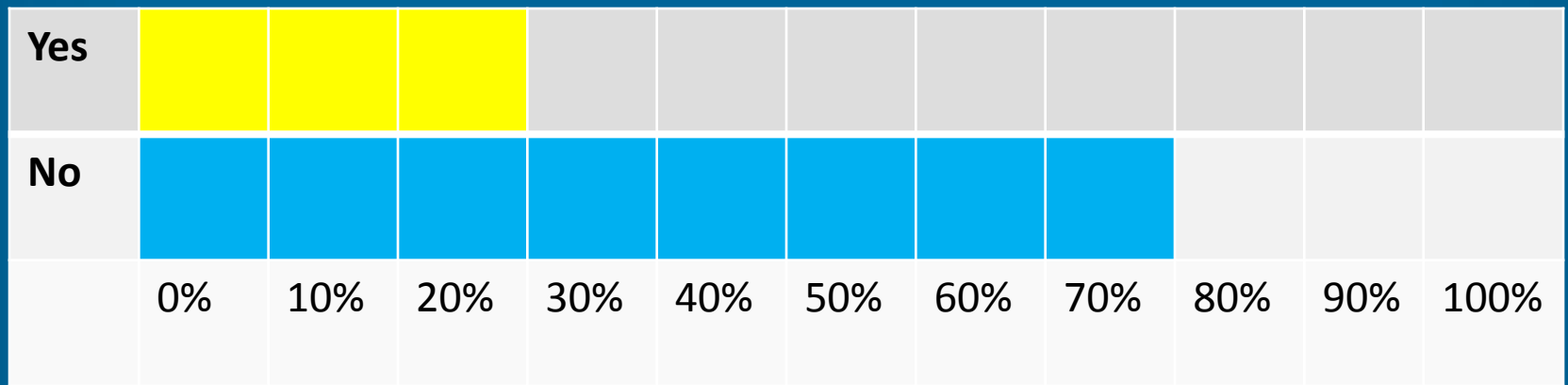


# What is a mentor?

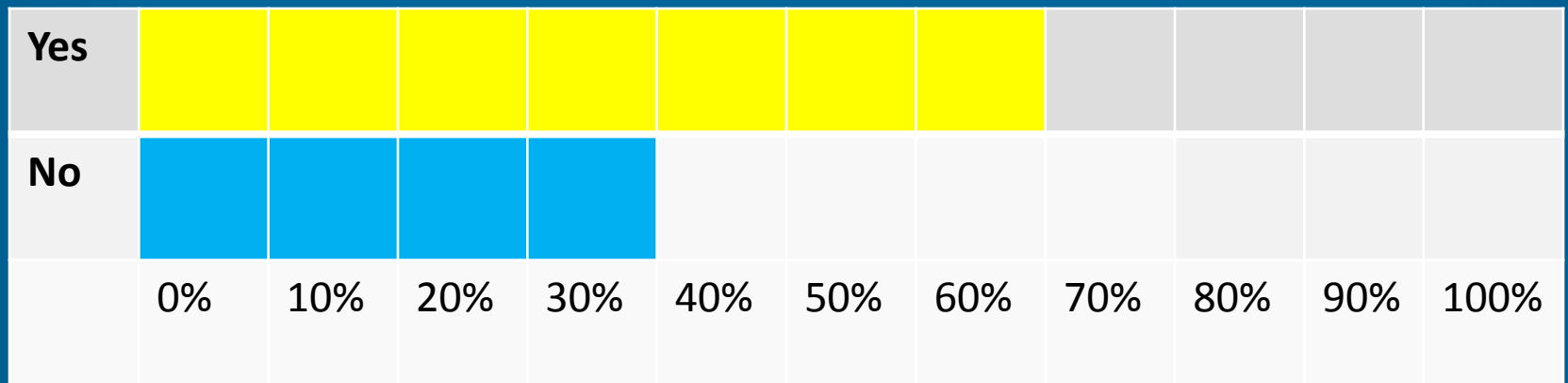
- Acts as a guide to help us define and understand our goals and how to pursue them successfully.
- It's a learning relationship



# Do you have a formal mentorship program at your institution?



# Do you have an informal mentor?



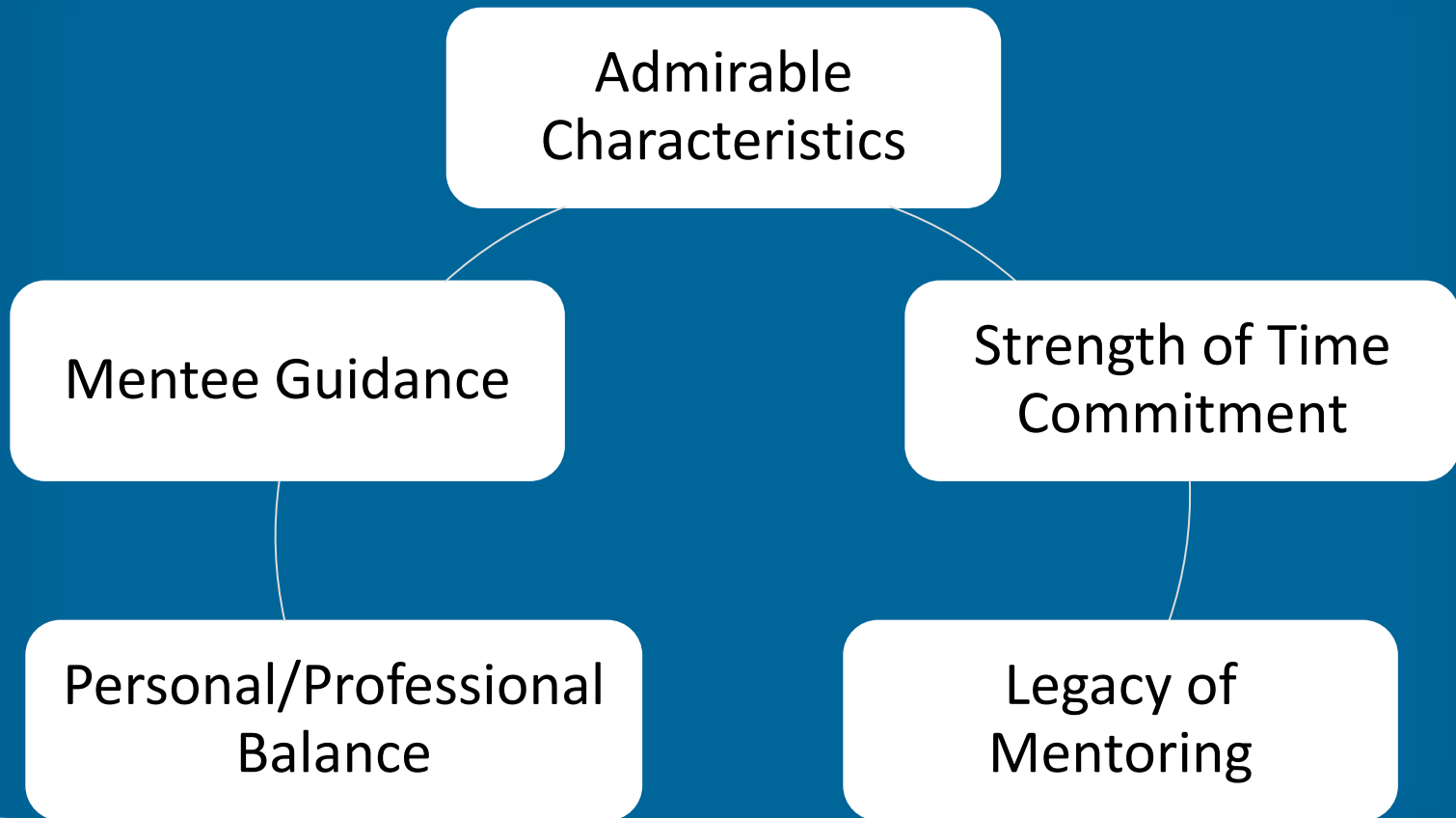
# Why is a mentor important?

- Career satisfaction and confidence as an educator rises with mentorship in physicians
- Prevalence of mentorship in academic and health institutions ranges from 19-93%
- The impact of mentorship on academic progress and meeting career goals established as important factor
- Mentored physicians more likely to mentor others and leads to increased personal/professional fulfillment



Sambunjak S, JAMA. 2006;296:1103-1115

# Defining the Ideal Qualities of Mentorship: A Qualitative Analysis of the Characteristics of Outstanding Mentors





# What is a mentor going to offer me?

- Challenges one to “stretch”
- Explore new ways to working
  - They may see strengths in you that have never seen or felt
- Offers a wide breadth of possibilities

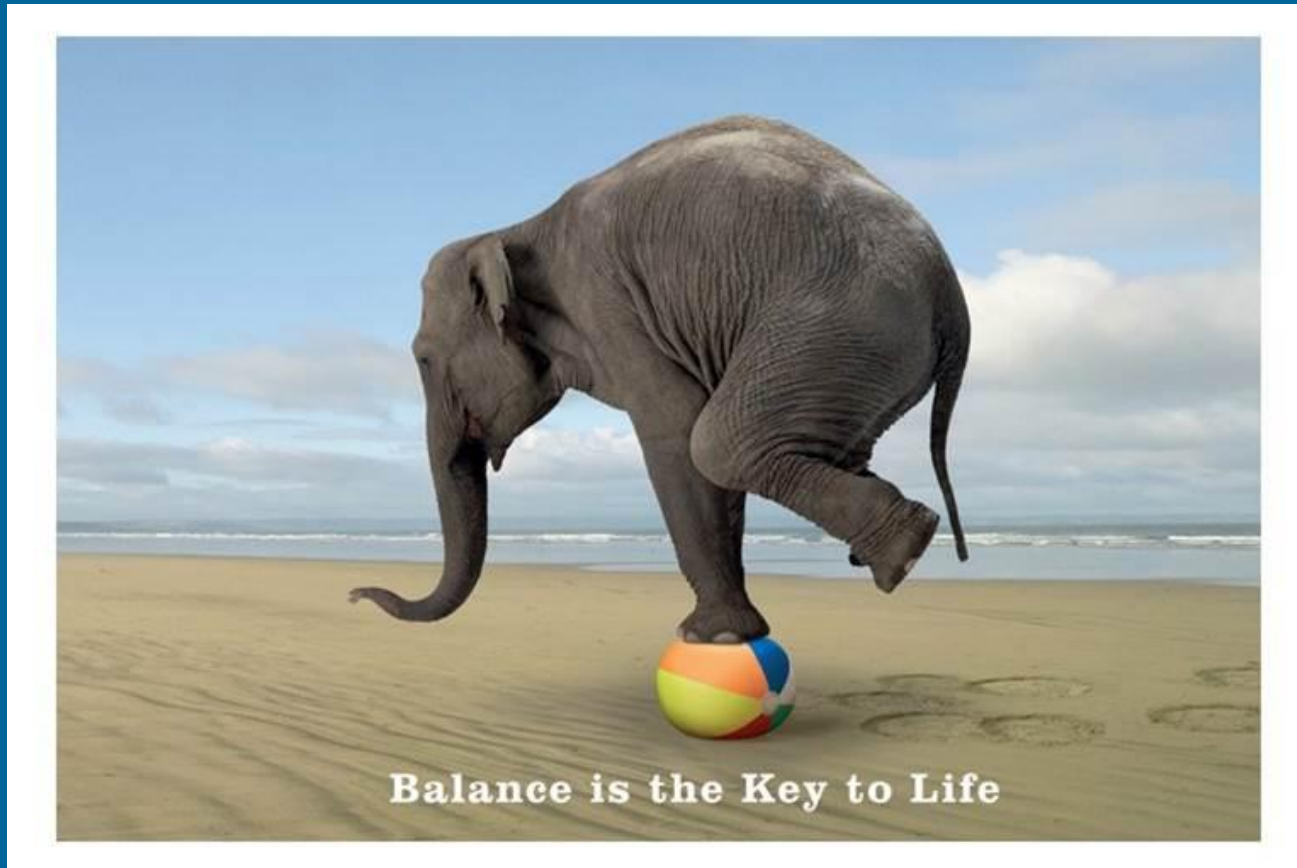


# Setting Mentoring Goals

- **S**pecific
- **M**easurable
- **A**ction-oriented
- **R**ealistic
- **T**imely



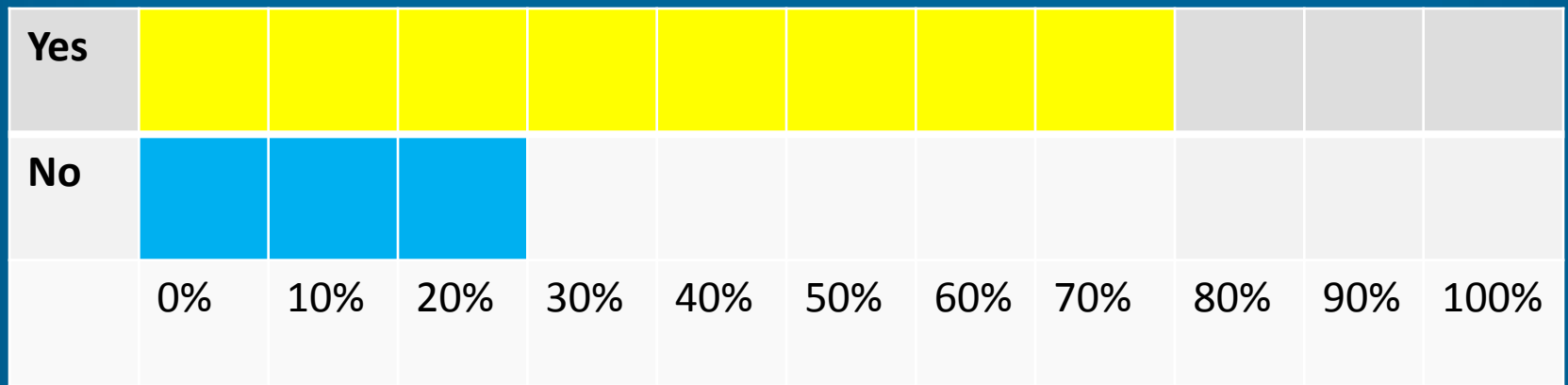
# Work/Life Balance



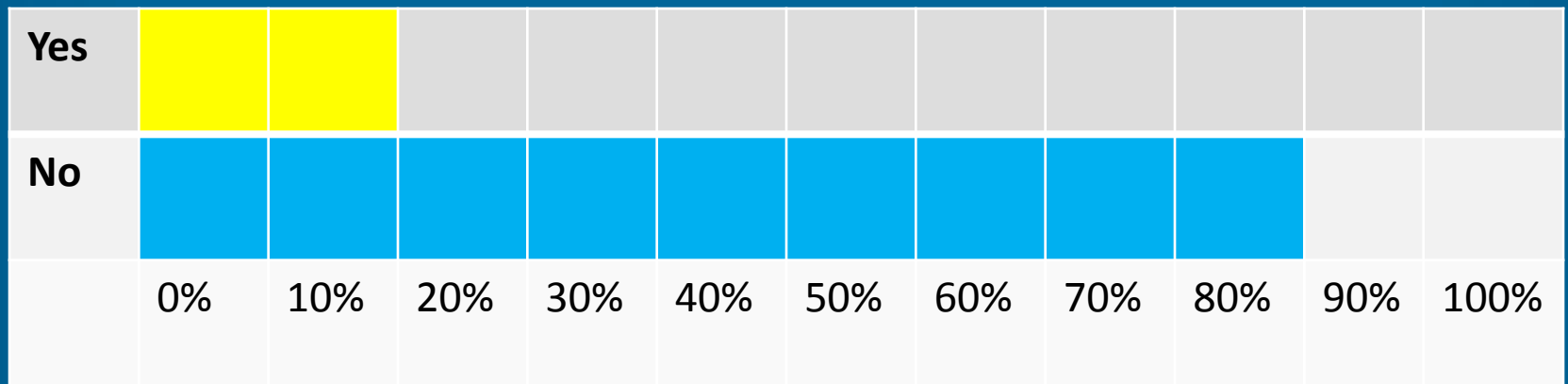
Balance is the Key to Life



# Do you feel that you have a good work/life balance?



# Did you receive a specific education on the importance of work/life balance as a resident/fellow or attending?

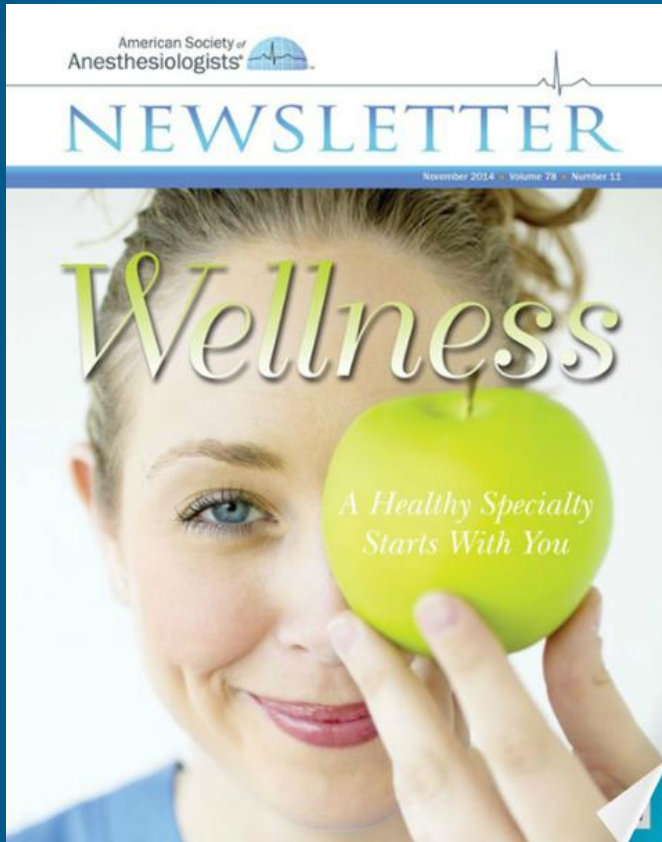


# Work/life balance

- Common thoughts:
  - “If I don’t spend enough time in my work, I won’t succeed in my career”
  - “I just have to put in the time the first few years, then it will slow down and all be worth it in the end.”



# Work/Life balance



- Physician Health and Well-being
- Mental Health-performing self-care
- Burnout
- 2006-Wellness Task Force created by ASA



# Work/Life Balance Tips

- Don't be afraid to say no
- Ask for help!!! Cultivate a support system
- Accept the things you cannot change
- Detach from technology





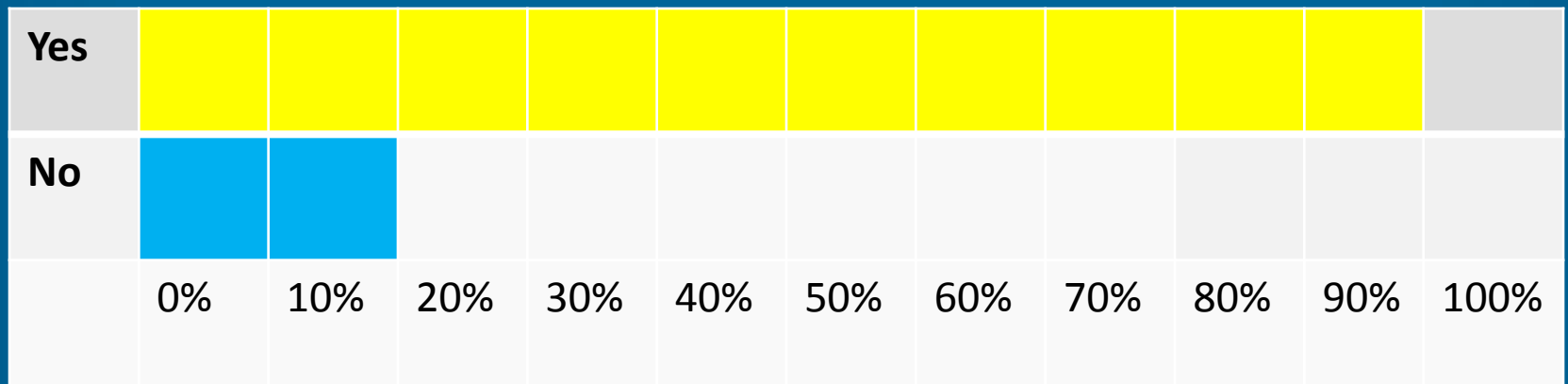
HELLO

my name is

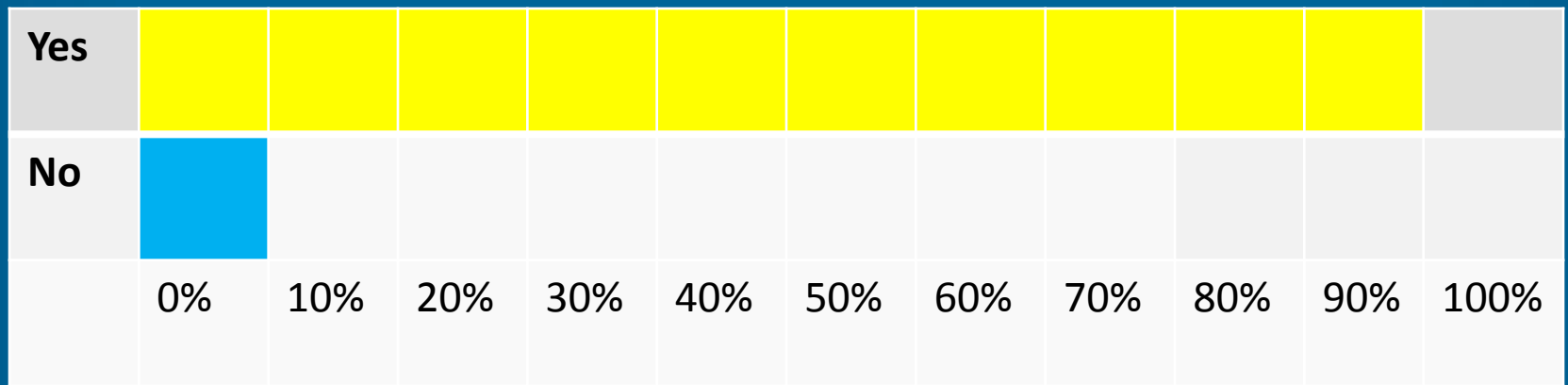
I'm Afraid  
of Networking!!



# Do you think networking is important for a successful career in pediatric anesthesia?



# Are you a member of other organizations related to anesthesiology?



# Networking

- “Persons who are high on networking ability are able to successfully build an effective and advantageous partnership with others at work.”
- “Career success received from mentoring was mediated by networking”



# Networking and Evolving in your Practice

- Join local hospital committees of interest to you-a way of meeting people in other specialties and opportunity for collaboration
- Become active in national organizations
  - Within anesthesia or beyond
- Many societies create possibilities for networking among peers and with experienced/established professors



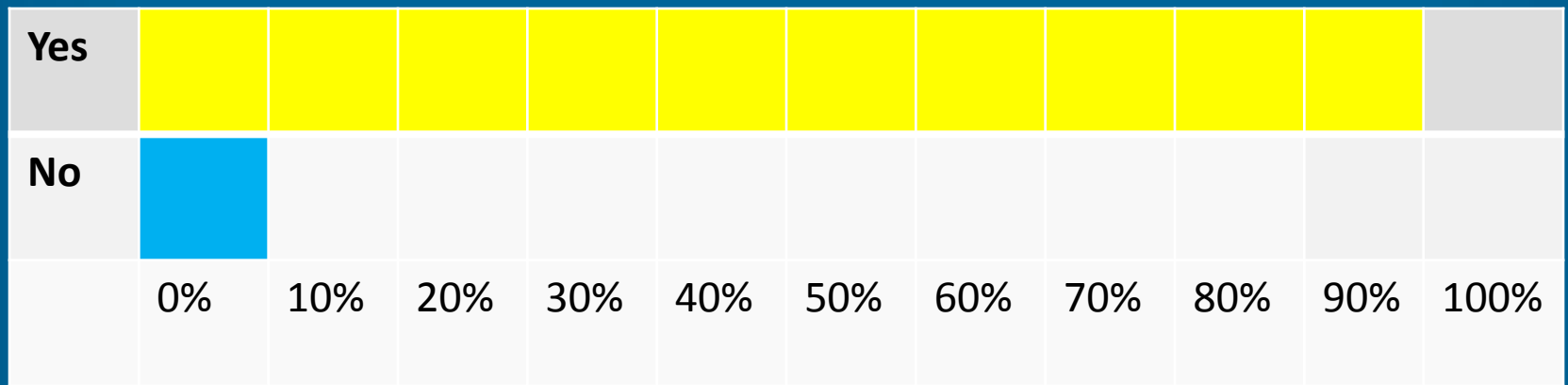
# Using Social Media to Enhance Career Development Opportunities for Health Promotion Professionals

Leah A. Roman, MPH, MCHES1, Health Promotion Practice, July 2014

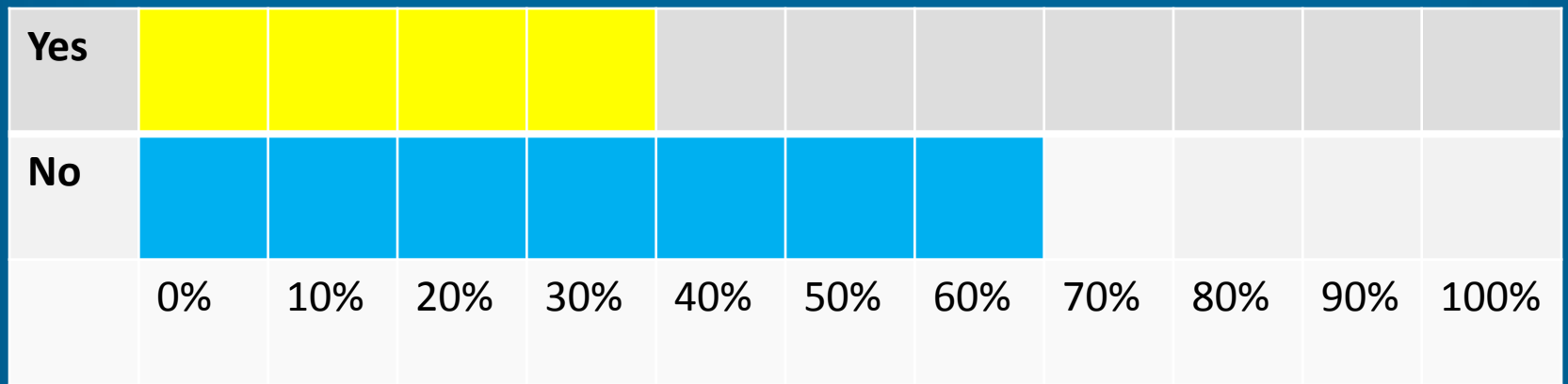
- Offers cost-effective career enhancement
  - Building communities of practice
  - Participating in professional development events
  - Enriching classroom teaching



# Do you participate in educational programs at your institution?

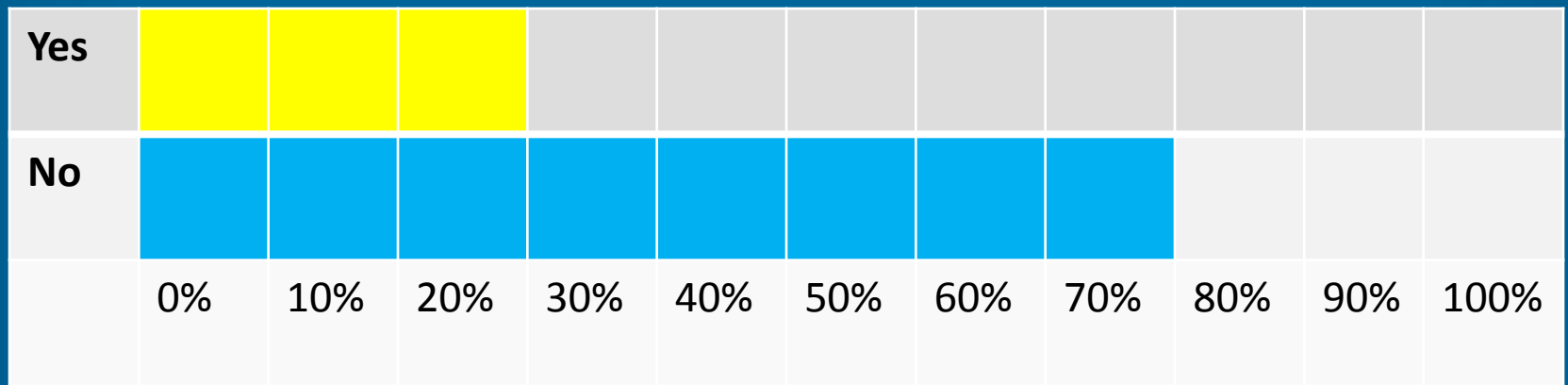


# Have you received any formal education regarding professionalism?





# Have you received formal education on how to be a good teacher?



# Evolving as the educator

- Seek out educational opportunities locally
  - Medical student lectures
  - Simulation exercises
  - Workshops
- Teaching workshops through Society of Education for Anesthesia
- Masters programs in education



# Summary

- Understand the importance of acquiring an effective mentor
- Be able to set priorities in order to establish a healthy work/life balance
- Become knowledgeable of the steps to networking and evolving as an educator and/or leader in our specialty



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