Professional Development for Chief Residents
Session Objectives

- Articulate the importance of personal and professional development planning including work life satisfaction

- Begin the process of professional development planning

- Discuss career planning with seasoned professors and professional colleagues
Work-Life Balance is a Fallacy

- Work is part of our life

- Most of us spend more time at work than doing anything else

- Cannot separate the personal & professional aspects of one’s life
Elements of the 3 marriages to family, work, and self.

Family
- Spouse
- Children
- Parents
- Siblings
- Extended Family

Work
- Patient Care
- Teaching
- Research
- Advocacy

Self
- Health
- Spirituality
- Interests/Hobbies
- Community
- Relaxation
- Silence
Work-Life Balance Champions

- Peer selected
- Worked 9 hours more per week than their counterparts & did it intentionally
- Secret: professional satisfaction due to several factors
  - Enjoyed the people they work with
  - Felt respected by their boss
  - Felt their work was making a contribution to others lives
  - Challenge of their work matched their abilities
  - They knew why they went to work every day
    - Dreams for themselves & for their families
How do We Get Satisfaction

• By developing a strategic plan:
  • Learning to live strategically is the first step toward working strategically
  • Most people spend more time planning a one week vacation than they do their life
Best Way to Live

- Differs from person to person
- Differs at different times of our life
- You are personally responsible for the speed of your life & your lifestyle
Ask Better Questions

• Don’t ask yourself what do I want to do?
• Ask instead: What is my purpose in life?
  • How can I best engage my talents & abilities to make a contribution as a pediatrician?
  • Where do I find genuine satisfaction professionally?

"The meaning of life is to find your gift.
The purpose of life is to give it away"

Pablo Picasso
Can You Have it All?

- Excellence in any field requires that we make choices about other things

- Describe your dream job that you want to attain in 5 years?

- How to make career decisions
  - Job requirement
  - My passion
  - Advances my career in the direction I wish to pursue or investigate
Priorities

• Must decide your priorities

• Learn how to make great choices based on priorities
  • When we say yes to one thing, we automatically say no to another

• Once we establish our own list of priorities, the challenge is to start making choices that honor these priorities
Professional Development Tools

https://www.mededportal.org/publication/9280
### Breakout Groups

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<td>Ambulatory Medicine</td>
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<td>PICU, NICU, PEM, HEM/ONC, CARDIOLOGY</td>
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