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

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Stephen Ludwig Pediatrics 2011;127:358-362
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?
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

- Fellowship: acute care (yellow)
  - PICU, NICU, Heme/Onc, PEM, Cardiology

- Fellowship: nonacute care (blue)
  - All other subspecialties

- Hospitalist Medicine (green)

- Primary Ambulatory Pediatrics (pink)