

Professional Development for Chief Residents

Session Objectives

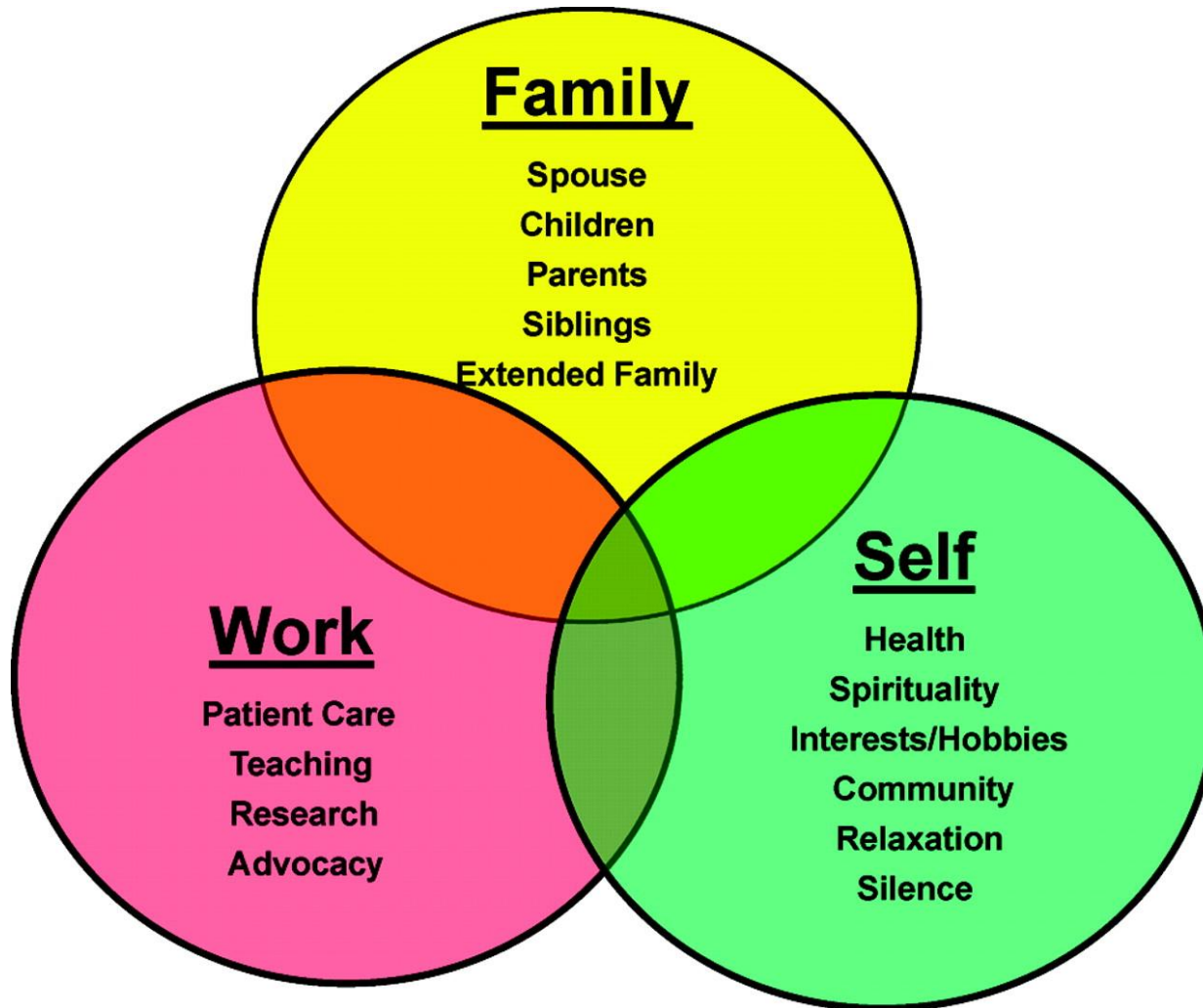
- Articulate the importance of personal and professional development planning including work life satisfaction
- Begin the process of professional development planning
- Discuss career planning with seasoned professors and professional colleagues

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.



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

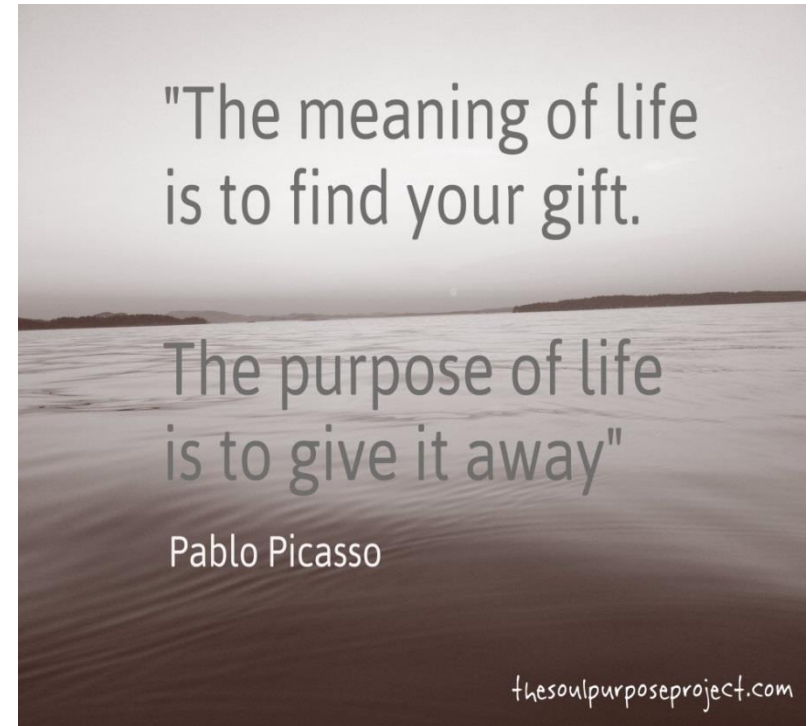


Best Way to Live

- 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>

APPD Professional Development Worksheet

Breakout Groups

Primary Care

Hospital Medicine

**Ambulatory
Medicine**

Fellowship

Acute Care

PICU, NICU, PEM, HEM/ONC, CARDIOLOGY

Non-acute Care