

## Complete Listing of COM Faculty Development Programs 2021-22

### August 2021

**August 31, 2021** Reappointment, Promotions & Tenure

Facilitator: Alex Lentsch, PHD

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

- 1) Summarize RPT guidelines and processes
- 2) Identify the requirements for each level of career advancement
- 3) Develop a plan to reach the necessary milestones for career advancement
- 4) Identify and avoid common mistakes made during the RPT process

### September 2021

**September 14, 2021** Not having one

Facilitator

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

**September 21, 2021** Take Time to Care for Yourself: Wellness Resources at UC

Facilitators: Ashley San Diego, MS, CHES®, ACE-CHC & Mary Uhl, M.Ed., SPHR

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

- 1) Learn about UC's employee wellness program, Be Well UC.
- 2) Identify 2-3 ways to engage with Be Well UC.
- 3) Build awareness of UC's Employee Assistance Plan (EAP), Impact Solutions.
- 4) Detail UC Benefits Resources

**September 28, 2021**

Facilitator:

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

### October 2021

**October 5, 2021** Tips and Tricks for Time Management: Productivity, Well-being and Beyond

Hosted by the Be Well UC employee wellness program

Via: WebEx

Time: 12-1pm

**Description:** *Want the best bang for your "time" buck? This interactive session will help you to plan and practice how to make the most of your day for your priorities. Learn practical strategies for more effective work-life balance.*

*Learning objectives:*

- 1) Identify how time management impacts us professionally and our well-being
- 2) Highlight strategies to identify and manage priorities.
- 3) Share related support resources.

## Complete Listing of COM Faculty Development Programs 2021-22

**October 12, 2021**      Avoiding Research Misconduct

Facilitator: Jane Strasser, PHD

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

**October 20, 2021**      Emotional Fitness - Building Emotional Resiliency

Facilitator: Ashley San Diego, MS, CHES®, ACE-CHC

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

**October 26, 2021**

Facilitator:

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

### November 2021

**November 2, 2021**      Not having one

Facilitator:

Via: WebEx

Time: 12pm – 1:00pm

*Learning Objectives:*

**November 9, 2021**      How to Craft a Successful Specific Aims Page

Facilitator: Jen Veevers, PHD

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

- 1) Identify the key features of a Specific Aims page
- 2) Create a conceptual framework for a research proposal
- 3) Translate a conceptual framework into the outline of a Specific Aims page
- 4) Understand the do's and don'ts of a Specific Aims page

**November 16, 2021**      Physician Burnout - A Personal Experience Story

Facilitator: Mike Holliday, MD

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

- 1) Explain how the individual, local environment, organization and national system factors interact in those with burnout
- 2) Question dichotomous views of burnout that only address either individual resiliency or system factors
- 3) Give an example of an integrated approach to increase joy in the workplace

## Complete Listing of COM Faculty Development Programs 2021-22

### November 30, 2021

Facilitator:

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

### December 2021

#### December 7, 2021 Connecting Women in Medicine & Science (working title)

Facilitator: Heather Christensen, PHD

Room: WebEx

Time:

*Learning objectives:*

#### December 14, 2021 Successfully Building (and managing) a Lab

Facilitators: Jason Blackard, PHD and Laura Conforti, PHD

Via: WebEx

Time: 12-1pm

*Learning Objectives:*

### January 2022

#### January 11, 2022 Transitioning from a K Award to an R

Facilitator: Jeffrey Strawn, MD

Room: MSB 2001

Time: 12-1pm

*Learning Objectives:*

#### January 18, 2022 Mindfulness 101: Why and How to Start a mindfulness practice

Facilitator: Sian Cotton, PHD

Room: MSB 2001

Time: 12-1pm

*Learning Objectives:*

#### January 25, 2022

Facilitator:

Room: MSB 2001

Time: 12-1pm

*Learning Objectives:*

### February 2022

#### February 2, 2022 Leadership: Effectively Managing Teams

Facilitator: Jack Kues, PHD

Room: MSB 3057

Time: 12-1pm

*Learning Objectives:*

- 1) Distinguish between leadership and management activities in a team
- 2) Identify different styles of leadership and how they apply to different types

## Complete Listing of COM Faculty Development Programs 2021-22

of teams

- 3) Utilize strategies to promote optimal functioning within teams
- 4) Recognize team dysfunction and its causes

### **February 8, 2022**      How to Engage/Leverage Shared Research Core Facilities

Facilitator: Ken Greis, PHD

Room: MSB 2001

Time: 12-1pm

*Learning Objectives:*

- 1) Understand what it means to be a Shared Research Core facility.
- 2) Understand how these facilities are financed and maintain government cost compliance.
- 3) Understand which Shared Research Core facilities are available to researcher in the Academic Health Center.
- 4) Understand the best practices for engaging with Shared Research Core facilities.

### **February 16, 2022**      Daily Stress Checks: Adventures in Quality Improvement

Facilitator: Jennifer Molano, MD

Room: MSB 3057

Time: 12-1pm

*Learning objectives:*

### **February 22, 2022**

Facilitator:

Room: MSB 2001

Time: 12-1pm

*Learning objectives:*

## **March 2022**

### **March 1, 2022**      Financial Planning for Early Career Health Care Providers

Facilitators: Seetharam Chadalavada, MD, MS and Casey Reed, MD

Room: MSB 2001

Time: 12-1pm

*Learning objectives:*

### **March 10, 2022**      Team Science; Promoting Collaborations

Facilitator: Jack Kues, PHD

Room: MSB 2001

Time: 12pm – 1pm

*Learning Objectives:*

- 1) Review how “Team Science” has become a critical element of research and training grants
- 2) Define the basic underlying principles of “Team Science” and how they affect everyday work
- 3) Describe current CCTST Team Science resources available to support researchers, educators, and administrators

## Complete Listing of COM Faculty Development Programs 2021-22

**March 15, 2022** Do you Know How to Breathe? *Practical Tips to Harness the Power of Breath*

Facilitator: Achala Vagal, MD

Room: MSB 2001

Time: 12-1pm

*Learning Objectives:*

- 1) Identify the importance of breath awareness in our everyday lives.
- 2) Review and practice simple techniques of breath awareness for stress reduction.
- 3) Review and practice different techniques of breath work for stress reduction, clarity of mind, better sleep and higher energy.

**March 29, 2022**

Facilitators:

Room: MSB 2001

Time: 12-1pm

*Learning Objectives:*

### April 2022

**April 5, 2022** "Can't we all just get along?" Finding the middle ground that leads to effective Conflict Resolution

Facilitator: Liz Leenellett, MD

Room: MSB 2001

Time: 12-1pm

*Learning Objectives:*

- 1) Identify your conflict style
- 2) Recognize the fundamental concepts of conflict management
- 3) Discuss specific conflict management styles and techniques
- 4) Prepare for a difficult conversation

**April 12, 2022** Grant Writing

Facilitator: Kevin Haworth, PHD

Room: MSB 2001

Time: 12-1pm

*Learning Objectives:*

**April 19, 2022** Holistic Wellness Approach (working title)

Facilitator: Philip Diller, MD, PHD

Room: MSB 2001

Time: 12-1pm

*Learning Objectives:*

**April 26, 2022**

Facilitator:

Room: MSB 2001

Time: 12-1pm

*Learning Objectives:*

## Complete Listing of COM Faculty Development Programs 2021-22

### May 2022

**May 3, 2022** Taking Advantage of Your Annual Performance Review

Facilitator: Alex Lentsch, PHD

Room: MSB 2001

Time: 12-1pm

*Learning objectives:*

- 1) Develop an agenda that allows you to take control of your performance review
- 2) Formulate realistic expectations and goals by working with your chief or chair
- 3) Discuss what information you should include in your review and why
- 4) Review what topics you should discuss with your chief or chair
- 5) Summarize how to deal with uncomfortable discussions

**May 10, 2022** Research Mentoring

Facilitator: Christy Holland, PHD

Room: MSB 2001

Time: 12-1pm

*Learning objectives:*

**May 17, 2022** Physicians and Mental Health: A Complicated Relationship

Facilitator: Christopher Marett, MD, MPH

Room: MSB 2001

**Time: 1:30pm – 2:30pm**

*Learning Objectives:*

- 1) Understand major risk factors for mental health difficulties among physicians.
- 2) Identify some potential signs of physician impairment.
- 3) Describe some of the ethical and legal ramifications of physician impairment.
- 4) Learn about some resources for mental health treatment for physicians

**May 31, 2022**

Facilitator:

Room: MSB 2001

Time: 12-1pm

*Learning Objectives:*

### June 2022

**June 7, 2022** Interviewing Techniques

Facilitator: Jennifer O'Toole, MD, MEd, SFHM

Room: MSB 2001

Time: 12-1pm

*Learning Objectives:*

- 1) Describe common scenarios for conducting interviews in academic medicine
- 2) Develop a behavioral-based interview scenario/question to select for traits/skills important to a role/specialty/program
- 3) Discuss ways to eliminate bias and promote diversity in the interview and selection process

## Complete Listing of COM Faculty Development Programs 2021-22

**June 14, 2022**                      Not having one

Facilitator:

Room: MSB 2001

Time: 12pm – 1pm

*Learning Objectives:*

**June 21, 2022**                      Restorative Sleep (working title)

Facilitator: Toral Shah, DO

Room: MSB 2001

Time: 12-1pm

*Learning Objectives:*

**June 28, 2022**

Facilitator:

Room: MSB 2001

Time: 12-1pm

*Learning Objectives:*