Complete Listing of COM Faculty Development Programs 2022-23

August 2022

August 23, 2022  Reappointment, Promotions & Tenure
Facilitator: Alex Lentsch, PHD
Via: Zoom
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

August 30, 2022  Narrative language: Mitigating Bias in Evaluations and Letters of Recommendation (CME Credit)
Facilitator: Danielle Weber, MD
Via: Zoom & MSB 2001
Time: 12-1pm

Learning Objectives: 1) Recognize ways bias can manifest in narrative language
2) Compare and contrast narrative language used in completed evaluations and/or letters of recommendation
3) Implement one strategy to mitigate bias in narrative language

September 2022

September 8, 2022  Tips and Tricks for Time Management: Productivity, Well-being and Beyond
Hosted by the Be Well UC employee wellness program
Via: Zoom
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.

September 21, 2022  I'm Fine, You're Fine, Everything's Fine - An Introduction to Stress First Aid
Facilitator: Jennifer Molano, MD
Via: Zoom
Time: 12-1pm

Learning Objectives:

September 26, 2022  Mitigation of Bias in Recruitment and Retention (CME Credit)
Facilitator: Bi Awosika, MD
Via: Zoom
Time: 12-1pm

Learning Objectives:
### October 2022

**October 4, 2022**
**Leadership: Effectively Managing Teams**  
**Facilitator:** Jack Kues, PHD  
**Via:** Zoom  
**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 of teams  
3) Utilize strategies to promote optimal functioning within teams  
4) Recognize team dysfunction and its causes

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**October 18, 2022**
**Balance, Burnout & Boundaries (working title)**  
**Facilitators:** Michael Holliday, MD, Philip Diller, MD, PHD, and Charles Prestigiacomo, MD  
**Via:** in-person  
**Time:** 12-1pm  
**Learning Objectives:**

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### November 2022

**November 1, 2022**
**Building Trusting Relationships with Patients and Families**  
**Facilitator:** Robin S. Huffman, CPXP, SSGB  
**Via:** in-person  
**Time:** 12pm – 1:00pm  
**Description:** Best practices for building patient/family trust and satisfaction, as well as partnering with Patient Experience to manage challenging patient encounters.

**Learning Objectives:**

**November 8, 2022**
**Successfully Building (and managing) a Lab and How To Recruit Grad Students into it (working title)**  
**Facilitator:** Jason Blackard, PHD, Laura Conforti, PHD & Tim LeCras, PHD  
**Via:**  
**Time:** 12-1pm  
**Learning Objectives:**

**November 17, 2022**
**Stop Drowning in Email - Tips on Email Management**  
**Facilitator:** Jack Kues, PHD  
**Via:** Zoom  
**Time:** 12-1pm  
**Learning Objectives:**

### December 2022

**December 6, 2022**
**Conflict Resolution (working title)**  
**Facilitator:** Liz Leenellett, MD & Charles Prestigiacomo, MD  
**Room:** in-person  
**Time:** 12-1pm
Complete Listing of COM Faculty Development Programs 2022-23

Learning objectives:

December 13, 2022  Navigating the IRB Process
Facilitator: Michael Linke, PHD
Via: in-person
Learning objectives: 1) Identify human subjects research projects that require oversight by the UC IRB.
2) Describe the ethical principles for the protection of human subjects of research.
3) Outline the UC HRPP protocol review process
4) Recommend ways to improve interactions with the HRPP and IRB

January 2023

January 5, 2023  Financial Planning for Early Career Health Care Providers
Facilitators: Seetharam Chadalavada, MD, MS and Casey Reed, MD
Via: either
Time: 12-1pm
Learning objectives: 1) Identify important financial needs of early career health care providers.
2) Demonstrate the importance of life and disability insurance.
3) Explore methods of student loan management.
4) Differentiate types of retirement accounts and their benefits

January 10, 2023  Grant Writing: Be Brilliant, Concise, and Engaging... Oh, and Don’t Forget Anything!
Facilitator: Kevin Haworth, PHD
Via: in-person
Time: 12-1pm
Learning Objectives: 1) Understand the importance of concise and engaging language
2) List key topics that NIH reviewers must be able to describe to provide a positive review
3) Describe the ways an NIH proposal can be innovative

January 17, 2023  Mindfulness 101: Why and How to Start a mindfulness practice
Facilitator: Sian Cotton, PHD
Via: in-person
Time: 12-1pm
Learning Objectives: 1) Define mindfulness, including the differences between formal and informal mindfulness practices
2) Describe the science behind the health benefits of a regular mindfulness practice, including understanding potential mechanisms of action
3) Understand how to implement simple strategies to begin a mindfulness practice, including early habit formation
4) Experientially practice one mindfulness technique
February 2023

February 7, 2023  Building High-Performing Clinical Teams
Facilitator: Mary Mazik/Team
Via:
Time: 12-1pm
Description: A panel that consists of Attendings, advanced practice professionals, and nurse managers share best practices for building and maintaining high-performing clinical teams

Learning Objectives:

February 14, 2023  How to write a training plan for training grants – Panel (working title)
Facilitators: Bill Miller, PHD, Susan Waltz, PHD & Jim Herman, PHD
Via:
Time: 12-1pm
Learning Objectives:

February 21, 2023  Tips for Practical Ergonomics in your Workplace
Facilitator: Kermit Davis, PHD & Susan Kotowski, PHD
Via:
Time: 12-1pm
Learning objectives:

March 2023

March 7, 2023  Managing Difficult Conversations with Compassion and Resilience
Facilitator: Lori Herbst, MD
Via: either
Time: 12-1pm
Description: How to conduct difficult patient conversations with compassion, including communicating a terminal diagnosis, the futility of further aggressive medical treatment, and end-of-life discussions.

Learning objectives:

March 14, 2023  Working with Databases and Managing data (working title)
Facilitators: Nathan Poeppelman, Megan Johnstone, & Charles Prestigiaccomo, MD
Via: in-person
Time: 12-1pm
Learning Objectives:

March 21, 2023  Do you Know How to Breathe? Practical Tips to Harness the Power of Breath
Facilitator: Achala Vagal, MD
Via: in-person
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.
Complete Listing of COM Faculty Development Programs 2022-23

3) Review and practice different techniques of breath work for stress reduction, clarity of mind, better sleep and higher energy.

April 2023

April 4, 2023  Quality Assurance and Performance Improvement (working title)
Facilitator:   Charles Prestigiacomo, MD
Via:  in-person
Time:  12-1pm
Learning Objectives:

April 11, 2023  Mentoring in a Culturally Diverse Environment (working title)
Facilitator:     Laura Conforti, PHD
Via:  
Time:  12-1pm
Learning Objectives:

April 18, 2023  Sleep is not a luxury. It's a Necessity
Facilitator:    Toral Shah, DO
Via:  Zoom
Time:  12-1pm
Learning Objectives:

May 2023

May 2, 2023  “If I Knew Then What I Know Now”
Facilitator:     Mary Mazik/Team
Via:
Time:  12-1pm
Description:  AUDIENCE – New Faculty - Medical faculty panelists with 3-5 years experience share their lessons learned about communication and relationship-building in patient care and research.
Learning Objectives:

May 9, 2023  From Career Development Award to R-funded Research Projects
Facilitator:    Jeffrey Strawn, MD
Via:  in-person
Time:  12-1pm
Learning Objectives:  1) Develop strategies to link pilot work to specific funding mechanisms and “project grants.”
                     2) Describe key steps to leveraging successes and set-backs during the career development award.
                     3) Identify interventions—during a career development award—to boost score driving components of your first R-level submission.

May 17, 2023  Energy Management - Is it More Important than Managing Time?
Facilitators:     Jenn Molano, MD & Achala Vagal, MD
Via:
Complete Listing of COM Faculty Development Programs 2022-23

Learning Objectives:

June 2023

June 6, 2023  Managing Cross-Cultural Patient Encounters
Facilitator:  Bi Awoskia, MD
Via:  Zoom
Time:  12-1pm
Description:  Discuss issues of diversity impacting all aspects of the clinical encounter from both the patient and provider perspectives.

Learning Objectives:

June 13, 2023  How to Craft a Successful Specific Aims Page
Facilitator:  Jen Veevers, PHD
Via:  Zoom
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

June 21, 2023  Habit Change – It Is Possible!
Facilitator:  Jenn Molano, MD
Via:  Zoom
Time:  12-1pm
Learning Objectives:  