August 2020

August 31, 2020  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 2020

September 16, 2020  Research Mentoring
Facilitator: Jack Kues, PHD
Via: WebEx
Time: 12-1pm

Learning Objectives:

September 22, 2020  Email & Time Management
Facilitator: Ashley San Diego
Via: WebEx
Time: 12-1pm

Learning Objectives:

September 29, 2020  T/E
Facilitator:
Via:

October 2020

October 6, 2020  Interviewing Techniques
Facilitator: Jennifer O’Toole, MD, MEd, SFHM
Via: WebEx
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

October 14, 2020  Team Science
Facilitator: Jack Kues, PHD
Via: WebEx
Time: 12-1pm

Learning Objectives:
October 20, 2020  
Zen In Your Office Den: Yoga while you work  
Facilitator: Kimber Andrews, PHD  
Via: WebEx  
Time: 12-1pm  
Learning Objectives: 1) Learn about the benefits of mindfulness and yoga for building focus, attention, and managing every day stress  
2) Participate in simple mindfulness exercises that can be incorporated easily into the work day  
3) Experience accessible seated and standing yoga poses that can be done in the work environment  
4) Make a plan for incorporating simple mindfulness and yoga activities to increase general wellness

October 27, 2020  
T/E  
Facilitator:  
Via:  
Learning Objectives:

November 2020

November 3, 2020  
“Can’t we all just get along?” Finding the middle ground that leads to effective Conflict Resolution.  
Facilitator: Elizabeth Leenellett, MD  
Via: WebEx  
Time: 12pm – 1:00pm  
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

November 10, 2020  
How to Develop the Specific Aims Section of a Grant  
Facilitator: Jen Veevers, PHD  
Via: WebEx  
Time: 12-1pm  
Learning Objectives:

November 18, 2020  
Joy in Work: Is it Possible?  
Facilitator: Jennifer Molano, MD  
Via: WebEx  
Time: 12-1pm  
Learning Objectives: 1) Summarize different definitions of work  
2) Discuss barriers to finding joy in work  
3) Brainstorm ways to increase joy in work

November 24, 2020  
T/E  
Facilitator:  
Via:  
Learning Objectives: 
Complete Listing of COM Faculty Development Programs 2020-21

December 2020

December 3, 2020  Leadership: Effectively Managing Teams  
Facilitator: Jack Kues, PHD  
Via: WebEx  
Time: 11:30am – 12:30pm  
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

December 8, 2020  Communicating your science to the public via social media—draft title  
Facilitator: Cedric Ricks  
Via: WebEx  
Time: 12-1pm  
Learning Objectives:

December 15, 2020  Battling Emotional Exhaustion: Choosing to Thrive While Caring for/Supporting Others  
Facilitators: Jamilah Hackworth, EdD and Mallory Minham  
Via: WebEx  
Learning Objectives:

December , 2020  T/E  
Facilitator:  
Via:  
Learning Objectives:

January 2021

January 5, 2021  Resilient Leadership  
Facilitator: Evie Alessandrini, MD  
Via: WebEx  
Time: 12-1pm  
Learning Objectives:  
1) Discuss Self-development and coaching others as enablers of resilient leadership  
2) Apply change management principles to advance and enhance leadership resilience  
3) Embrace failures as a way to enhance resilience

January 12, 2021  Translational Pharma  
Facilitators: Andrew Norman, PHD and Terry Kirly, PHD  
Via: WebEx  
Time: 12-1pm  
Learning Objectives:

January 19, 2021  Physician Burnout - A Personal Experience Story  
Facilitator: Mike Holliday, MD
Complete Listing of COM Faculty Development Programs 2020-21

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

January 26, 2021
Facilitator: T/E
Via:
Learning Objectives:

February 2021

February 2, 2021
Facilitator: PD
Via:
Learning Objectives:

February 9, 2021
Translating AI to Clinical Care: The cases of Suicide Prevention, Homelessness and Epilepsy Neurosurgery
Facilitator: John Pestian, PHD, MBA
Via: WebEx
Time: 12-1pm
Abstract: I will review how we have applied machine learning, and natural language processing for the early identification of epilepsy neurosurgery, suicide prevention, and homelessness.
Learning Objectives:
1) Understand the difference between structured and unstructured data
2) Understand how to assess the quality of data and the conspirators of error.
3) Understand the types of artificial intelligence and when they should be used in clinical care.
4) Understand how natural language processing can be used for sentiment analysis and its weakness.
5) Understand the issues related to reproducibility and study design.

February 16, 2021
Drop and Give Me 30.....Healthy Cooking in Half an Hour
Facilitator: Bruce Giffin, PHD
Via: WebEx
Time: 12-1pm

Description:
Participants will be introduced to cooking techniques and strategies that foster the use of the most healthful foods in fast (30 minute) meal preparation. All participants will receive a document containing some of the presenter’s favorite healthy dinner recipes ready in 30 minutes.

Learning objectives:
Participants will be able to...
1. Identify the five food groups, and give examples of foods in each.
2. Explain how MyPlate serves as a reminder to eat food from each food group.
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3. Make a healthy grocery list in minutes for nutritious food shopping.
4. Create a healthy meal containing a food from each food group.
5. Incorporate strategies and cooking techniques to get dinner ready in 30 minutes.

February 23, 2021 T/E
Facilitator:
Via:
Learning Objectives:

March 2021

March 2, 2021 PD
Facilitator:
Via:
Learning Objectives:

March 9, 2021 How to Engage/Leverage with Core Facilities
Facilitator: Ken Greis, PHD
Via: WebEx
Time: 12pm – 1pm
Learning Objectives:

March 16, 2021 Take Time to Care for Yourself: Wellness Resources at UC
Facilitators: Ashley San Diego & Mary Uhl
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

March 30, 2021 T/E
Facilitator:
Via:
Learning Objectives:

April 2021

April 6, 2021 PD
Facilitator:
Via:
Learning Objectives:

April 13, 2021 Effective Virtual Meetings
Facilitator: Josette Riep
Via: WebEx
Time: 12-1pm
Learning Objectives:
# Complete Listing of COM Faculty Development Programs 2020-21

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Facilitators</th>
<th>Via</th>
<th>Time</th>
<th>Learning Objectives</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>April 20, 2021</strong></td>
<td><strong>Narrative Medicine</strong></td>
<td>Shana Feibel, DO</td>
<td>WebEx</td>
<td>12-1pm</td>
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<tr>
<td><strong>April 27, 2021</strong></td>
<td><strong>T/E</strong></td>
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<td><strong>May 2021</strong></td>
<td><strong>Taking Advantage of Your Annual Performance Review</strong></td>
<td>Alex Lentsch, PHD</td>
<td>WebEx</td>
<td>12-1pm</td>
<td>1) Develop an agenda that allows you to take control of your performance review</td>
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<td><strong>May 3, 2021</strong></td>
<td><strong>Draft Title</strong></td>
<td>Christopher Marett, MD, MPH</td>
<td>WebEx</td>
<td></td>
<td>2) Formulate realistic expectations and goals by working with your chief or chair</td>
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<td><strong>May 18, 2021</strong></td>
<td><strong>How to recognize signs of mental illness in others (and yourself!), tips, and resources</strong></td>
<td>Michael Archdeacon, MD, MSE and Dani Zander, MD &amp; Ashley San Diego, MS, CHES®</td>
<td>WebEx</td>
<td>1:30pm – 2:30pm</td>
<td>3) Discuss what information you should include in your review and why</td>
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<td><strong>May 25, 2021</strong></td>
<td><strong>T/E</strong></td>
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<td>4) Review what topics you should discuss with your chief or chair</td>
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<td><strong>June 2021</strong></td>
<td><strong>Sharpening Your Empathic Response to Patient and Family Emotion</strong></td>
<td>Douglas Smucker, MD</td>
<td>WebEx</td>
<td>12-1pm</td>
<td>5) Summarize how to deal with uncomfortable discussions</td>
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<tr>
<td><strong>June 16, 2021</strong></td>
<td><strong>I Don't Have Time For That......Work-Life Balance On A Schedule</strong></td>
<td>Michael Archdeacon, MD and Dani Zander, MD &amp; Ashley San Diego, MS, CHES®</td>
<td>WebEx</td>
<td></td>
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</tr>
</tbody>
</table>
Complete Listing of COM Faculty Development Programs 2020-21

Time: 12pm – 1pm

Learning Objectives:
1) Appreciate The Dependency of Work-On-Life & Life-On-Work
2) Identify What Is Important To You And Prioritize
3) Discuss “What Has Worked” For One Individual Looking For Themes & Personal Opportunities
2) Highlight strategies and resources for work-life balance and stress management

June 29, 2021
Facilitator: T/E
Via: WebEx

Learning Objectives: