## 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 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: Zoom  
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

### 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: 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.

**October 12, 2021**  
Avoiding Research Misconduct  
Facilitator: Jane Strasser, PHD  
Via: Zoom  
Time: 12-1pm  
**Learning Objectives:**  
1) Identify resources to detect research misconduct  
2) Define Research Misconduct  
3) Identify best practices in data management, oversight, and retention

**October 20, 2021**  
Emotional Fitness - Building Emotional Resiliency  
Facilitator: Ashley San Diego, MS, CHES®, ACE-CHC
Complete Listing of COM Faculty Development Programs 2021-22

Via: Zoom
Time: 12-1pm

Learning Objectives: 1. Define emotional fitness foundationally and for yourself.
2. Identify benefits and strategies to practicing emotional fitness.
3. Highlight related resources

October 26, 2021
Course Design with Inclusion in Mind: A Practical Toolkit for Medical Educators
Facilitator: Sarah Pickle, MD
Via: Zoom
Time: 12-1pm

Learning Objectives: 1) Define equity and inclusion as they pertain to curriculum design
2) Describe universal learning design
3) List 3 strategies for inclusive teaching you can apply to your course
4) Identify 3 opportunities for inclusion in your course in content, teaching methods, and assessment

November 2021

November 2, 2021
Not having one
Facilitator:
Via:
Time: 12pm – 1:00pm
Learning Objectives:

November 4, 2021
Computerized Assessment of Clinical Decision-Making (CME credit)
Facilitator: John Quinlan, MD
Via: Zoom
Time: 12-1pm

Learning Objectives: 1) Describe criteria by which clinical decisions are made.
2) Build a clinical case that requires a series of clinical decisions.
3) Score decision choices as beneficial/neutral/harmful to be scored by a computerized testing platform.
4) List strengths and weaknesses of this approach

November 9, 2021
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

November 16, 2021
Physician Burnout - A Personal Experience Story
Facilitator: Mike Holliday, MD
Via: Zoom
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

**December 2021**

**December 7, 2021** Connecting Women in Medicine & Science
Facilitator: Heather Christensen, PHD
Room: Zoom
Time: 12-1pm
**Learning objectives:**
1) Identify groups and individuals at UCCoM that focus their work on women in medicine and science.
2) Identify professional organizations that impact women in medicine and science.
3) Discuss how making connections with these groups can improve one’s career.

**December 14, 2021** Successfully Building (and managing) a Lab
Facilitators: Jason Blackard, PHD and Laura Conforti, PHD
Via: Zoom
Time: 12-1pm
**Learning Objectives:**
1) Appreciate their role(s) as supervisors, mentors, and/or mentees
2) Discuss the elements of a successful lab environment
3) Discuss the impact of culture on lab function and harmony

**January 2022**

**January 11, 2022** From Career Development Award to R-funded Research Projects
Facilitator: Jeffrey Strawn, MD
Via: Zoom
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.

**January 18, 2022** Mindfulness 101: Why and How to Start a mindfulness practice
Facilitator: Sian Cotton, PHD
Via: Zoom
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
Complete Listing of COM Faculty Development Programs 2021-22

4) Experientially practice one mindfulness technique

January 26, 2022  The Alchemy of academic medicine: Converting educational work into scholarship (CME Credit)
Facilitator: Benjamin Kinnear, MD, MEd
Via: Zoom
https://ucincinnati.zoom.us/j/95659340074?pwd=ZkhjZ29nY3NjSkdPRnlGMnc2a0s4QT09
Meeting ID: 956 5934 0074
Passcode: 379587
Time: 12-1pm
Learning Objectives: 1) Describe what constitutes educational scholarship and reflect on your motivations for pursuing it
2) Choose strategies to overcome common barriers to scholarship (time, funding, teams).
3) Translate your current educational activities into meaningful scholarly outputs

February 2022

February 2, 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

February 8, 2022  How to Engage/Leverage Shared Research Core Facilities
Facilitator: Ken Greis, PHD
Via: Zoom
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  Acting on The Pebbles in Our Shoes: A Pathway Towards Well-being
Facilitator: Jennifer Molano, MD
Via: Zoom
Time: 12-1pm
Learning objectives: 1) Explain the importance of engagement in cultivating a culture of well-being.
2) Discuss the Listen-Sort-Empower model as a tool to identify drivers that may
### Complete Listing of COM Faculty Development Programs 2021-22

**March 2022**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Facilitators</th>
<th>Method</th>
<th>Time</th>
<th>Learning Objectives</th>
</tr>
</thead>
</table>
| **March 1, 2022** | Financial Planning for Early Career Health Care Providers            | Seetharam Chadalavada, MD, MS and Casey Reed, MD                             | Zoom       | 12-1pm     | 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. |
| **March 2, 2022** | Leveraging Community Partnerships in Teaching                       | Christine O’Dea, MD, Charles Schubert, MD, Anna Goroncy, MD and Joseph Kiesler, MD | Zoom       | 12-1pm     | 1) Describe the key elements of successful academic-community partnerships  
                                                        |                                                                       | Join Zoom Meeting                                                |            |            | 2) Summarize the benefits for learners and the community in partnerships  
                                                        |                                                                       | [https://ucinnatizoom.us/j/9642287807?pwd=YmJLRUdgandWRXF0QnZvaFtEVTPZz09](https://ucinnatizoom.us/j/9642287807?pwd=YmJLRUdgandWRXF0QnZvaFtEVTPZz09) |            |            | 3) Outline practical steps to building successful partnerships  
                                                        |                                                                       | Meeting ID: 964 2287 8078, Passcode: 0777 90 |            |            | 4) Reflect on next steps for integrating community partnerships into curriculum |
| **March 10, 2022** | Team Science; Promoting Collaborations                              | Jack Kues, PHD                                                               | Zoom       | 12pm – 1pm| 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 |
| **March 15, 2022** | Do you Know How to Breathe? Practical Tips to Harness the Power of Breath | Achala Vagal, MD                                                            | Zoom       | 12-1pm     | 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 2021-22

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

**March 29, 2022**  
Team Based Learning  
Facilitator: Lisa Kelly, MD  
Via: Zoom  
Join Zoom Meeting  
https://ucincinnati.zoom.us/j/97769433661?pwd=M1padC9iRnBOUHVSegtsc2NDuHNJUT09  
Meeting ID: 977 6943 3661  
Passcode: 757994  
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  
Via: Zoom  
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  
Via: Zoom  
Time: 12-1pm  
*Learning Objectives:*

**April 19, 2022**  
Holistic Wellness Approach (working title)  
Facilitator: Philip Diller, MD, PHD  
Via: Zoom  
Time: 12-1pm  
*Learning Objectives:*

**April 26, 2022**  
Facilitator:  
Via: Zoom  
Time: 12-1pm  
*Learning Objectives:*

**May 2022**
Complete Listing of COM Faculty Development Programs 2021-22

May 3, 2022  Taking Advantage of Your Annual Performance Review  
Facilitator:  Alex Lentsch, PHD  
Via:  Zoom  
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  
Via:  Zoom  
Time:  12-1pm  
Learning objectives:

May 17, 2022  Physicians and Mental Health: A Complicated Relationship  
Facilitator:  Christopher Marett, MD, MPH  
Via:  Zoom  
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:  
Via:  Zoom  
Time:  12-1pm  
Learning Objectives:

June 2022

June 7, 2022  Interviewing Techniques  
Facilitator:  Jennifer O’Toole, MD, MEd, SFHM  
Via:  Zoom  
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

June 14, 2022  Not having one  
Facilitator:  
Via:  Zoom
Complete Listing of COM Faculty Development Programs 2021-22

Time: 12pm – 1pm

Learning Objectives:

June 21, 2022    Restorative Sleep (working title)
Facilitator: Toral Shah, DO
Via: Zoom
Time: 12-1pm

Learning Objectives:

June 28, 2022
Facilitator:
Via: Zoom
Time: 12-1pm

Learning Objectives: