

## 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

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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

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- 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 group 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 roles(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

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- 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://ucinnati.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

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impact well-being.

- 3) Illustrate how the Listen-Sort-Empower model can be used in a work-unit setting

### March 2022

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

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

Via: Zoom

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.

**March 2, 2022** Leveraging Community Partnerships in Teaching

Facilitators: Christine O’Dea, MD, Charles Schubert, MD, Anna Goroncy, MD and Joseph Kiesler, MD

Via: Zoom

Join Zoom Meeting

<https://ucincinnati.zoom.us/j/96422878078?pwd=YmJLRUdqandWRXFOQnZvaFdEVTNPZz09>

Meeting ID: 964 2287 8078

Passcode: 077790

Time: 12-1pm

- Learning Objectives:*
- 1) Describe the key elements of successful academic-community partnerships
  - 2) Summarize the benefits for learners and the community in partnerships
  - 3) Outline practical steps to building successful partnerships
  - 4) Reflect on next steps for integrating community partnerships into curriculum

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

Facilitator: Jack Kues, PHD

Via: Zoom

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

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

Facilitator: Achala Vagal, MD

Via: Zoom

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.

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- 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=M1padC9iRnBOUHVSeGtsc2NDeHNJUT09>

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**

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**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

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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:*