



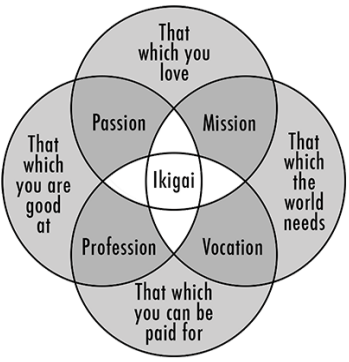
DESIGNING YOUR CAREER: TURNING YOUR VISION BOARD INTO A REALITY

Molly Hayes, MD, ATSF

BIDMC Academy Session

OBJECTIVES



- Characterize professional identity and its importance
- Describe your current professional one-liner
- Identify your future goals and devise tangible strategies to achieve these goals
- Compare how others “see” you professionally with how you want to be “seen”
- Create a professional vision board



What's your "one-liner" (*WHO* are you professionally?):

(*WHO* do you want to be professionally?):

NOTES & IDEAS from the session



STRENGTHS

WEAKNESSES

What do you love doing clinically?

What do you love doing academically?

What's your Career Development Plan



PROFESSIONAL IDENTITY



WHY CARE ABOUT PROFESSIONAL IDENTITY:

- Allows you to maximize career opportunities and align them with your personal and professional values
- Improve work life integration
- Lead to better professional satisfaction and fulfillment

Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"





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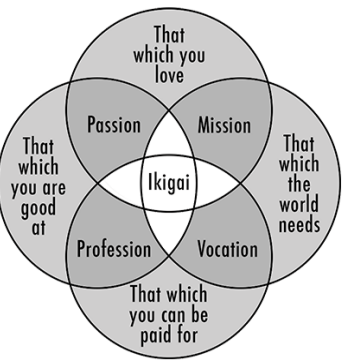


What do you love doing academically?



What's your Career Development Plan



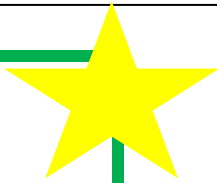


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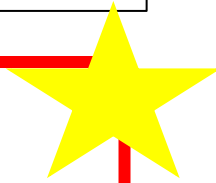
(*WHO* do you want to be professionally?):

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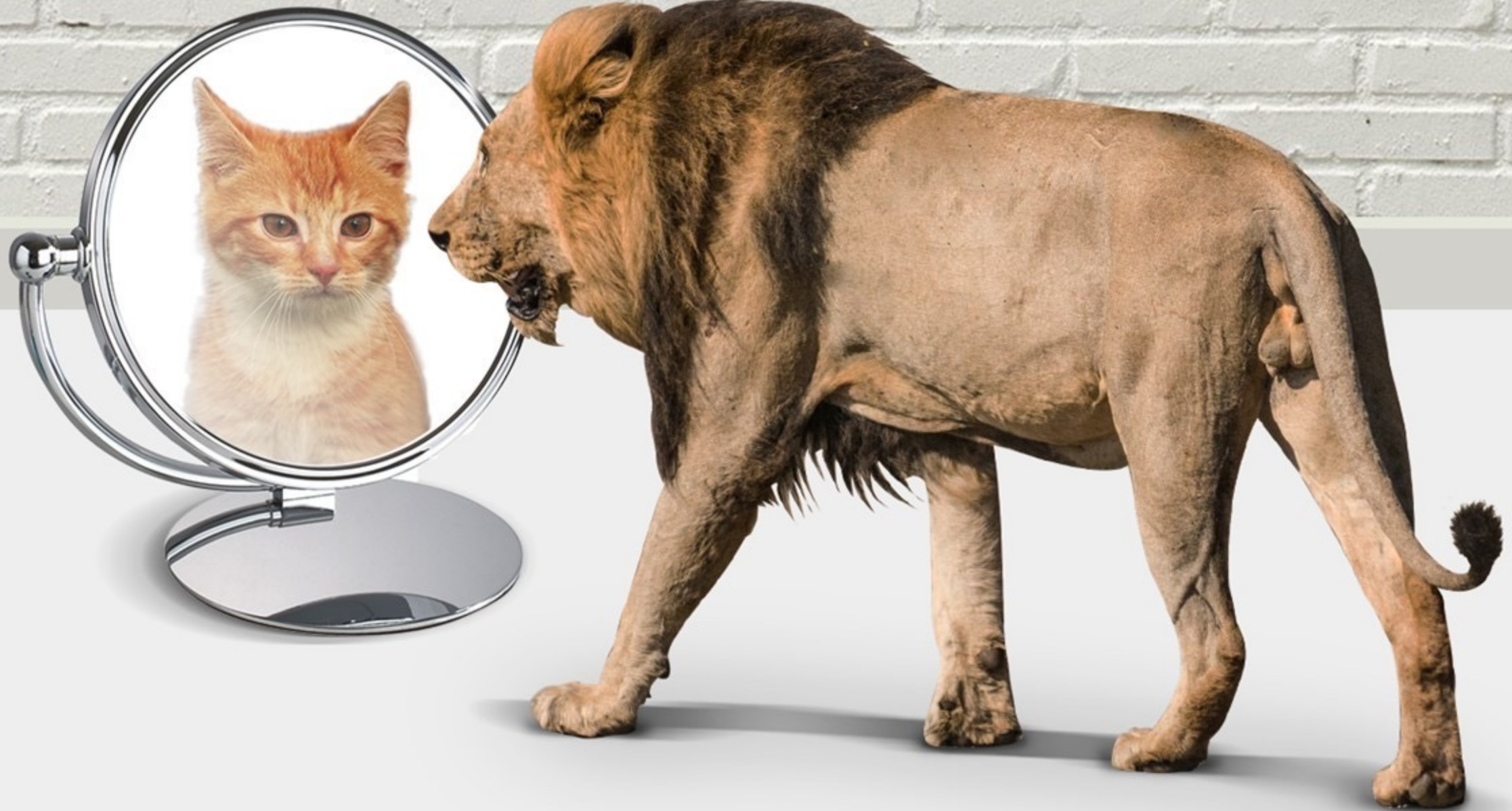


A CASE STUDY IN IDENTITY



T.H. is a new faculty member in the division of pulmonary and critical care medicine. He has extensive ultrasound training and certification, he is also interested in general pulmonary, ILD, and medical education. In the ICU he is THE “go- to” person for ultrasound (residents, fellows, and other attendings ask him for help). He does mostly pulmonary consults and outpatient clinic.

HOW WOULD T.H WRITE HIS PROFESSIONAL ONE-LINER?





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from the session

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Molly Hayes

@MHayes_MD Follows you

MICU Director @BIDMHealth, @harvardmed #mededresearch @BIDMC_education
. Passionate about #MICUFICU, CME, meded, & EOL! #centerforhumanizingtheicu
tweets=mine

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HOW WOULD T.H WRITE HIS PROFESSIONAL ONE-LINER?

HOW WOULD OTHERS DESCRIBE HIM?



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CREATING THE IDENTITY THAT YOU WANT

- Knowing what you want is the first step! Knowing how you're seen is the second step!
- Let your mentors/sponsors know
- Be thoughtful about what you say yes and no to
- Get involved in committee work – locally (BIDMC, HMS) and nationally
- Don't be afraid to reach out (email CME directors, grand rounds organizers)
- Make time/space quarterly to review your one-liner and your career development plan

