

# Eastern Association for the Surgery of Trauma

Advancing Science, Fostering Relationships, and Building Careers

# Taking the Lead: Strategies for Leading within Your Group An EAST Leadership Development Workshop

January 14, 2020 Loews Sapphire Falls Resort Orlando, Florida

### Taking the Lead: Strategies for Leading within Your Group An EAST Leadership Development Workshop

### **TUESDAY, JANUARY 14, 2020**

8:00 am - 4:00 pm

Presented by the EAST Career Development Committee

Target Audience: Early Career and Mid-Career Trauma & Acute Care Surgeons including Fellows-in-Training

**Needs Statement:** A successful career as an acute care surgeon requires education, planning, and guidance. Not all young surgeons have experts in career development in their mentor pool. This workshop provides essential contacts and education to help acute care surgeons succeed.

**Overview:** This workshop is part of the EAST Leadership Development series. It is a three-part, multi-year course focusing on the career development of the early career trauma surgeon. Each workshop is designed to be a stand-alone course. In this way, surgeons can participate in the course at any time in the tree-part series. The 2020 workshop will focus on leadership skills and strategies for individuals leading within a group or division. The knowledge and skills gained at this course can be applied not only at one's own medical center but also at the organizational level. Team-based learning exercises will be incorporated to encourage an active learning experience and provide more opportunity for interaction with course faculty. The faculty members include distinguished trauma and acute care surgery leaders known for excellence.

### **Learner Objectives:**

At the conclusion of the workshop, the participant should be better able to:

- 1. Describe effective team leading strategies within a diverse workplace
- 2. Recognize different personality types and apply that knowledge to challenging leadership scenarios
- 3. Analyze difficult leadership situations and apply leadership and team-building principles.

Workshop Directors: Avi Bhavaraju, MD, Brian Brewer, MD, Jennifer Hartwell, MD, Jennifer Knight Davis, MD,

& Jessica Summers, MD

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8:00 am-8:15 am	Welcome and Introduction – Brad Dennis, MD
8:15 am-8:45 am	Managing Up: What to do When Your Ideals Don't Match That of Your Boss? – Ben L. Zarzaur, MD, MPH
8:45 am-9:15 am	Division Distress: How to Manage When You are the Junior Partner, the Mid-Career Partner, or the Leader in Such a Situation – Kimberly A. Davis, MD, MPH
9:15 am-9:45 am	Bridging the Gender Gap within Your Division and Department – Elliott R. Haut, MD, PhD
9:45 am-10:00 am	Q&A
10:00 am-10:15 am	Break
10:15 am-10:45 am	Building a Unified, Inclusive, and Complimentary Division – Tanya L. Zakrison, MD, MPH
10:45 am-11:15 am	Gallup Strengths Finder – Jennifer Knight Davis, MD
11:15 am-11:45 am	TBL #1 – Using the Gallup Strengths: Managing a Division in Crisis/Distress
11:45 am-12:15 pm	Managing Your Team Health: How Do You Affect the Wellness of the Whole Group? – Nicole Stassen, MD
12:15 pm-12:45 pm	Lunch
12:45 pm-1:15 pm	Q & A - Panel discussion "All the Mistakes I've Made"
1:15 pm-1:45 pm	Biggest Professional and Personal Challenges Faced Years 1-5 and 6-10 The Art of Asking – How as a leader do you selectively ask people to take on projects? –
1:45 pm-2:15 pm	Nicole Fox, MD, MPH The Art of Saying No – How do you say no at all levels of your career? – Jeff A. Claridge, MD, MS
2:15 pm-2:30 pm	Break
2:30 pm-3:00 pm 3:00 pm-3:30 pm	Balancing the Needs of the Division versus the Needs of the Individuals – Alison Wilson, MD Q & A
3:15 pm-3:45 pm 3:45 pm-4:00 pm	TBL #2 – Balancing the Division and its Individuals Wrap Up and Takeaways – Brad Dennis, MD

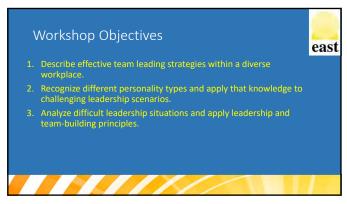


# Workshop Development • Developed by Past President Stan Kurek under direction of Michael Rotondo to develop a workshop series on "How to Be a Successful Trauma Director" • 3 year cycle of workshops • Leadership scholarships from the EAST Foundation • Now in its 14<sup>th</sup> year • Full Day • Global Leadership • Team-Based Learning

2

# 3-part Non-Sequential Workshop • Part 1: 2020: Group Leadership Skills • Part 2: 2021: Leadership Within the Medical System • Part 3: 2022: Personal Leadership Skills

# After the meeting • CME instructions available through: • EAST website • EAST app • Email









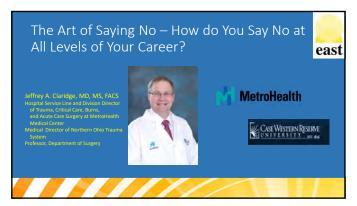






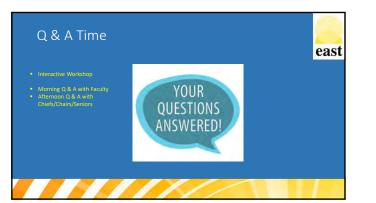












# Managing Up: What to do when you disagree with your boss.

Ben L. Zarzaur, MD, MPH

Chair, Division of Acute Care and Regional General Surgery University of Wisconsin School of Medicine and Public Health

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# **Disclosures**

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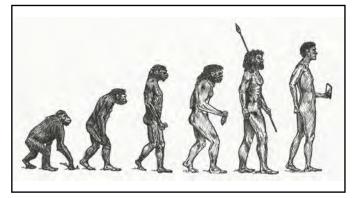
# **Managing Up**

**Sucking Up** 

...managing up is the process of consciously working with your boss to obtain the best possible results for you, your boss, and your organization. This is not political maneuvering or kissing up. Rather, it is a deliberate effort to bring understanding and cooperation to a relationship between individuals who often have different perspectives...

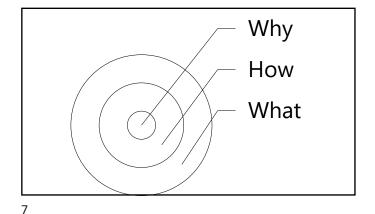
Thomas Zuber and Erika James

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# First things first...

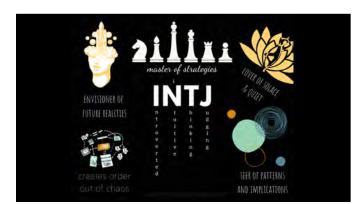


# **Know yourself**

TEST http://www.onlinepers onalitytests.org/mbti/

# **INTJ**

10



11

\*discussing how to solve a problem\*

INTJ: What do YOU think?

ENFP: What do you mean?

INTJ: I mean, what do you think
about this situation?

ENFP: I'm thinking I should have
known it wasn't going to be so
easy.

INTJ: No I mean, what do you
think the best course of action
is going to be?

ENFP: \*confused, long pause\*

INTJ: \*eagerly waiting response\*

ENFP: \*tells a random story
instead\*



# **Define the Relationship**

## 14

### Communicate

- Shared vision of why
- Preferred mode of communication
  - Email
  - Ad hoc brief meetingFormal meetingMemo
- Face to Face

  - Bring an agendaKeep notesReadback to dos

No surprises	
No surprises	
• Telegraph intentions	
• Go to confession	
• Sometimes good news is bad news	
• Report the facts	
report the facts	
1.6	
10	
	1
Problems	
• Failures will occur	
<ul> <li>Come with proposed solutions</li> </ul>	
• Let your boss coach you	
<ul> <li>Don't expect the boss to fix a problem for you</li> </ul>	
Be clear about what you need for your boss to do to     belonged by the second to	
help clear a hurdle	
17	
Po tructworthy	
Be trustworthy	
• Follow through	
Meet deadlines	
• Be on time	
<ul> <li>Communicate honestly</li> </ul>	

Be loyal	
• Limit disagreement in public	
No backstabbing     No passing	
<ul><li>No gossip</li><li>But</li></ul>	
<ul><li> If your boss is ignoring a real problem</li><li> Illegal activities</li></ul>	
Harassment	
19	
	]
Keep the emotion out of it	
• Reread emails before sending	
<ul><li>Have a friend read emails before sending</li><li>Talk to a friend before talking to a boss</li></ul>	
• WAIT!!!!	
<ul> <li>There are rarely issues that you have to address right now</li> <li>Practice the story</li> </ul>	
•Use facts to get your point across	
20	, <u> </u>
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	I and the second

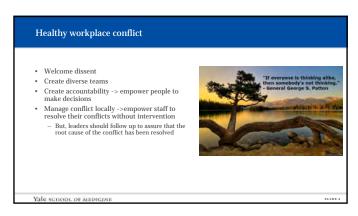
What if you disagree?

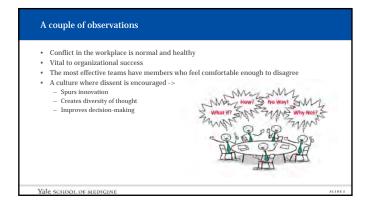
# What to do if a disagreement occurs? • Be curious • Try to understand the situation and motivations • Find common ground • Essentially try to find out of you are talking about the same things • Clear up misunderstandings • Figure out of there is a knowledge difference Maybe you know something the boss doesn't or vice versa – don't assume 22 What to do if a disagreement occurs? • Appreciate motivational differences Figure out what your goal is and what the boss' goal is. Often they are the same • Use I phrases • "I need to talk to you" or "I really need you to pay attention to what I am saying right now, it is important" • Try to rephrase negative comments "The residents are not happy with the way we teach" instead say "The residents would like us to be more X when we are teaching them" 23 What to do if a disagreement occurs? • Active listening • Repeat back what you heard • Stay calm • Sometimes - agree to disagree • But – be sure that the boss knows you will have their back in public

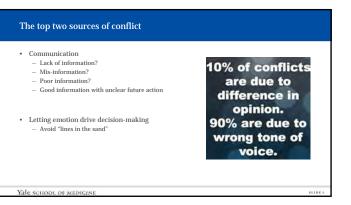












No matter what job you have in life, your success will be determined 5% by your academic credentials, 15% by your professional experiences, and 80% by your communication skills.

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SLIDEG

## Hit conflict head on

- · Understand the root cause of the conflict
- · If possible:
- Address the issue early
  - Address the issue privately
- · Expect discomfort
- Focus on a mutually agreed upon outcome
- Be open
  - Your way may not be the best way .....

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View conflict as a positive

- Divergent opinions and positions stimulate innovation
- Take turns and listen to all sides of the issue
- Clarify points which are unclear
- List all potential solutions

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Understand the WIIFM factor

- Key to conflict resolution is identifying underlying motivations
- Try to take actions that empower individuals to achieve their goals
- Respond constructively
  - You do not have to agree with a point of view to value it
  - Maintain a sense of humor

Learn to compromise

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SLIDE

### Other drivers of conflict

- · Conflicting needs
- Conflicting styles
- Conflicting perceptionsIncompatible goals
- Incompatible roles
- Avoidance behaviors
- Personal differences



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SLIDES

### Communication styles to mitigate conflict

- · Speak softly and slowly
- Maintain eye contact
- Maintain a neutral facial expression
- Do not be defensive
- Answer informational questions
- · Give "I" messages
- Reflect thoughts back

I Message Sentence Starters

I want ...

I feel ...

I would appreciate it if ...

I think ...

I need ...

I expect ...

I wish ...

I understood you to say ...

I thought you said ...

It was my understanding that ...

I guess I misheard. Please ...

I would like it very much if ...

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Pick your hills to die on

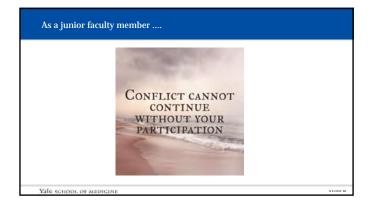
Avoid conflict for the sake of conflict

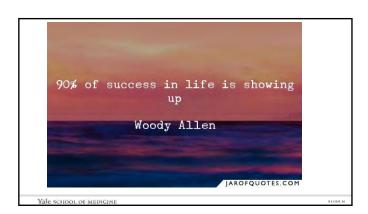
Define the importance of what is at stake
If important, open lines of communication
Identify position gaps and collaborate to close them

Avoid responding emotionally
Don't attempt to resolve conflict when tempers are flaring

Know when to retreat

Simple Reminders





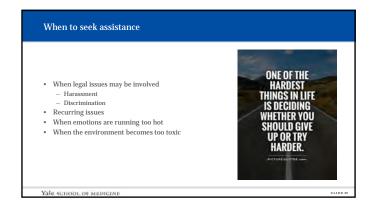






Whenever you're in conflict with someone, there is one factor that can make the difference between damaging your relationship and deepening it. That factor is attitude.

William James



Managing the difficult boss

• De-escalate your anger

• Forget giving feedback -> make requests instead.

- Be specific about resources needed

- Explain your rationale

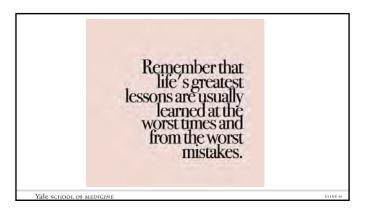
- Articulate a benefit to the organization

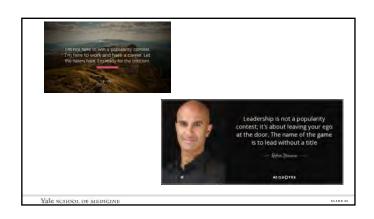
• Engage a support network

• Protect your well-being

- You cannot control your boss' behavior, but you can control your response

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## Building a Unified, Inclusive and Complementary Division

Tanya L. Zakrison, MD, MPH, FRCSC, FACS Associate Professor of Surgery University of Chicago 33rd EAST Annual Scientific Assembly







### **Disclosures**

- I have no conflicts of interest
- I am not a division chief
- Chair of EAST's Equity, Quality and Inclusion Task Force



**George Rabbat MD, FRCSC** 





### **Definitions**

- 1. Unify: make or become united, uniform, or whole.
- **2. Inclusion:** the action or state of including or of being included within a group or structure.
- Complementary: combining in such a way as to enhance or emphasize the qualities of each other or another.





### What About Diversity?

DIVERSITY	INCLUSION
is	is
being	being
invited	asked
to the	to
Party	Dance



### **What Does Inclusion Mean?**

- Being treated fairly and respectfully
- Are valued
- Having a sense of belonging
- Feeling psychologically safe
   Psychological safety is the cornerstone of trust in trauma surgery

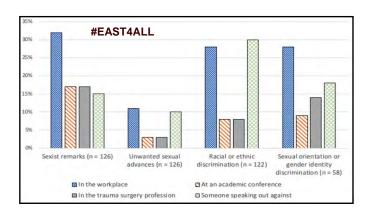




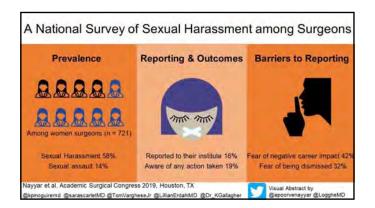
### #EAST4ALL

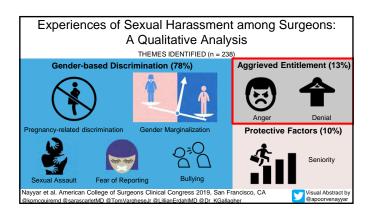
A majority of respondents (83%) felt that equity and inclusion in trauma surgery are important to a moderate or large extent.





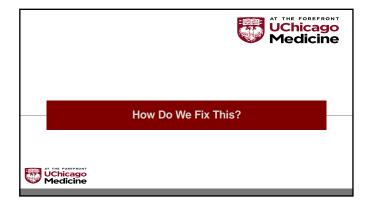






Discrimination, Abuse, Harassment, and Burnout in Surgical Residency Training ■ N = 7,409 general surgery residents • 32% gender discrimination Patients and families • 17% racial discrimination • 30% verbal or physical abuse Attending 10% sexual harassment surgeons 38% weekly burnout symptoms UChicago Medicine • Suicidal ideation **Adil Haider's Work** EAST 2014 PLENARY PAPER Unconscious race and class bias: Its association with decision making by trauma and acute care surgeons ) Trauma Acute Core Surg Volume 77, Number 3 ■ N= 248 members of EAST ■ 74% unconscious preference for white persons 91% unconscious preference for upper social class persons UChicago Medicine





### **How to Fix This?**

- Solid leadership with inclusive leadership
- We all have a role to play



### What Do Division Chiefs in Trauma Say?

- "Listen...listen. Give each person a voice. Patience."
- "Need to have a shared vision of where you are going as a group."
- "Have frequent talks with your peers in order to understand what everyone is thinking."
  - Is everyone still in line with the mission? Do they agree with it?
  - Is your mission explicit and understood by all? Roles?
- "I need to understand what wellness means to the members of my team."



### What Do Division Chiefs in Trauma Say?

- "Hire and support a diverse workforce, which means being intentional in how and who you recruit - advertise in societies that attract diversity like Society of Black Academic Surgeons and the Association of Women Surgeons."
- "Specifically tell your faculty about your mindset- ie you are committed to diversity and inclusiveness and any behavior to the contrary won't be tolerated."
- "Critically look at salaries and bonus schemes are they fair and family friendly, do they penalize women with community tasks?"
- "Are there programs to promote and retain?"



### What Do Our Division Chiefs Say?

"To me, one thing is to treat everyone equally but also have defined roles for everyone which should meet their talents. To this end, making sure you hire with diversity in mind is key as we all have different backgrounds which lead to different talents, ideas and skills. I think applying these skills in the best way possible is where leadership can falter or succeed."







### **Common Themes**

- Everyone is part of the mission
   You support the mission because you feel valued for who you are, for what you think or represent.
- Communication is key, with inclusive (i.e. gender neutral) language Words matter
- Wellness
- We are not all the same Capitalize on our uniqueness Diversity is not 'tolerated', it is desired



Diversity of Ideas

### Who Gets Leadership Training?

"The lack of requirements for leadership is impressive."

"The training to be a leader is variable...at best."





### **Brandeis**



The American College of Surgeons and EAST are offering an annual scholarship to subsidize attendance and participation in the faceutive Leadership Program in Health Policy and Management at Brandeis University. The course takes place June 2–8, 2019. The award is in the amount of \$8,000, to be used inward the root of fullow, travel, housing, and subsidience during the period of the course.



### **Individualize Your Leadership Needs**

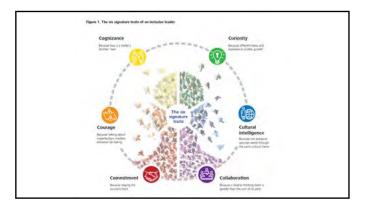
- Best leadership training program is one that finds your personal weaknesses and works on those.
   Individualize your leadership courses
- "How good am I? Do I need to be better?"





### How Do We Train Leaders to be Inclusive?





### Inclusive Leadership - Harvard Business Review

- Visible commitment: They articulate authentic commitment to diversity, challenge the status quo, hold others accountable and make diversity and inclusion a personal priority.
- Humility: They are modest about capabilities, admit mistakes, and create the space for others to contribute.
- Awareness of bias: They show awareness of personal blind spots as well as flaws in the system and work hard to ensure meritocracy.
- Curiosity about others: They demonstrate an open mindset and deep curiosity about others, listen without judgment, and seek with empathy to understand those around them.
- Cultural intelligence: They are attentive to others' cultures and adapt as required.
- Effective collaboration: They empower others, pay attention to diversity of thinking and \*psychological safety, and focus on team cohesion.



### Inclusive Leadership - Harvard Business Review

- all team members are treated respectfully and fairly
- are valued and sense that they belong
- are confident and inspired
- Inclusive leaders directly enhance performance
- 17% more likely to report that they are high performing
- 20% more likely to say they make high-quality decisions
- 29% more likely to report behaving collaboratively
- a 10% improvement in perceptions of inclusion increases work attendance by 1 day / year / employee, reducing absenteeism



### The Most Inclusive Leaders - Harvard Business Review

- Share personal weaknesses: "[This leader] will openly ask about information that she is not aware of. She demonstrates a humble, unpretentious work manner. This puts others at ease, enabling them to speak out and voice their opinions, which she values."
- Learn about cultural differences: "[This leader] has taken the time to learn the ropes (common words, idioms, customs, likes/dislikes) and the cultural pillars."
- Acknowledge team members as individuals: "[This leader] leads a team of over 100 people and yet addresses every team member by name, knows the work stream that they support and the work that they do."



### The Least Inclusive Leaders - Harvard Business Review

- Overpower others: "He can be very direct and overpowering which limits the ability of those around him to contribute to meetings or participate in conversations."
- Display favoritism: "Work is assigned to the same top performers, creating unsustainable workloads. [There is a] need to give newer team members opportunities to prove themselves."
- Discount alternative views: "[This leader] can have very set ideas on specific topics. Sometimes it is difficult to get an alternative view across. There is a risk that his team may hold back from bringing forward challenging and alternative points of view."
- Conflict Adverse: Allows bad behavior and bullying in the workplace.





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### Learning to be an Inclusive Leader

1. Know your 'inclusive-leadership shadow':

Seek feedback on whether you are perceived as inclusive, <u>especially from people who are different from you.</u> This will help you to see your blind spots, strengths, and development areas. It will also signal that diversity and inclusion are important to you. Scheduling regular check-ins with members of your team to ask how you can make them feel more included also sends the message.

2. Be visible and vocal:

Tell a compelling and explicit narrative about why being inclusive is important to you personally and the business more broadly. For example, **share your personal stories** at public forums and conferences.



### Learning to be an Inclusive Leader

3. Deliberately seek out difference:

Give people on the periphery of your network the chance to speak up, <u>invite different people to the table</u>, and catch up with a broader network. For example, seek out opportunities to work with cross-functional or multidisciplinary teams to leverage diverse strengths.

4. Check your impact:

Look for signals that you are having a positive impact. Are people copying your role modeling? Is a more diverse group of people sharing ideas with you? Are people working together more collaboratively? <u>Ask a trusted</u> advisor to give you candid feedback on areas you have been working on.



### **ASA Recommendations for Inclusion**

ASA PAPER

### Ensuring Equity, Diversity, and Inclusion in Academic Surgery

An American Surgical Association White Paper

Michaela A, West, MD, PhD, FACS, Shelley Hwang, MD, PhD, FACS, Ranald V, Maier, MD, FACS, Nia Ahaja, MD, FACS, Peter Angelos, MD, PhD, FACS, Barbara L, Bass, MD, FACS, Sterbern Chen, MD, FACS, Sterbern Chen, MD, FACS, MD, FACS



Annals of Surgery 2018

Section	Key Performance Indicators
Recognizing individual and organizational horners to diversity and to beauty	Emere as intimitional mostors statement that promotes discriny and inclinate and feets tolerance for discrimination farms metal or halfying.  Assess and increase percentages of women and manorities in positions of leadership.
Eulifes of diversity	Acknowledge that just as it is intermily ethical to respect of the autonomy of potents, it is intermily ethical for surgions to improve diversity and inclusion.  Although surgions have tended to resist chance, they must now be catalysis for change to improve diversity.
	will reduce sequence to local change, may make use a carryon for strange to implaye strength
Restrictions and retention of diversity, imposing change	Revew search committee composition of women and URIM in terms of number and seniority annually. Establish programs for recession and recruitment of women and minorities relative to other groups
	Promote transpurency in usiary, premotion, and career advancement Provide an annual "Recursionate Report" with specific data pertrentages of women and URIM interviews, job offers, and mak to inform limitational leadership and Department Service.
Suger in acatemic ingery facility focus:	Driets new faculty members to departnernal and notetimonal policies.  Perform an annual review of faculty progress in protection, accomplishments, dont and long-term goals.  Willeass and work-life internetion detailed be included in faculty circumfation and successment.
Creating a collect of respect. regulty, and inclusion:	Discensions departmental policies with suppling assessment/ucas of behavioral merries and remodation programs should be performed regularly.  Examine research on best reasiers to assess and underly areasive behaviors.
Investigation for facility leadering development, resummand promotion.	Identify leadership relies with succession plans that demonstrate equity and diversity. Revisit minually, Produce a postulation track instead that compared URAM and women to overall department substacts. Track the number of each innerview conducted for facility that have left, with a surprise of 100%.
Degrang eff-assessment	Executing consumous self-assessment as a key component of achieving unstained, trackable diversity and inclusive in the signal workfore.  Selected backly and staff in free implicit, and explicit him may impact the evaluative process and how so institute action him.
Service and altraine	transpir signion sent activoletolgi, una irreard erriver and attrustic activities.  Activity participant to student and enaboti consuminion and plated activities projects.  Envenage research in health are dispersives and activit to care, locally and publishy.  Department alsolal student approximation for dishibit survival varianteems available to resident.

Reality	Vision
Identify Barriers	Change the face of leadership
Ethics of Diversity	Surgeons must now be catalysts of change
Recruitment & Retention	Transparency
Success in Academic Surgery	Don't ignore work-like balance
Culture of Respect	Best Practices to modify bad behavior
Leadership Development	Know your statistics & listen when leaders leave
Ongoing Self-Evaluation	Mitigate against all bias – yours & team
Service & Altruism	Eliminate disparities locally, nationally & globally

CURRENT OPINION

### #EAST4ALL: An introduction to the EAST equity, quality, and inclusion task force

Stephanie Bonne, MD, Brian H. Williams, MD, Matthew Martin, MD, Haytham Kaafarani, MD, William L. Weaver, MD, Rishi Rattan, MD, Patricia M. Byers, MD, D'Andrea K, Joseph, MD, Paula Ferrada, MD, Bellal Joseph, MD, Arid Santos, MD, Robert D, Willinfeld, MD, Sandra DiBrito, MD, PhD, Andrew Bernard, MD, and Tanya L. Zakrisun, MD, Lexingion, Kentucky

j Trauma Acute Care Surg Volume 87, Number 1



# Understanding & Responding to Microaggressions as an Ally











EAST Equity, Quality and Inclusion in Trauma Surgery Practice Ad Hoc Task Force

Ylvxdattlevwadfwte | #C FDKduulvP G

&HDVW7DOO

DIVERSITY INCLUSION BELONGING is is is being being dancing invited asked like to the to no one's Party Dance Watching



#### There is no box



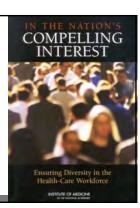


#### **Diversity Saves Lives - 2004**

<u>Cultural Competency:</u> Cultural competency is defined as the ability of healthcare professionals to communicate with and provide high-quality care to patients from diverse socio-cultural backgrounds.

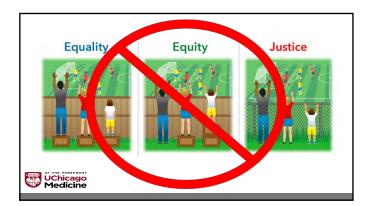
<u>Cultural Dexterity:</u> the unique tailoring of cultural competency to surgery.





- But it's more than just treating colleagues and patients equally and with dignity and respect.
- When the structure is unfair, it needs changing.









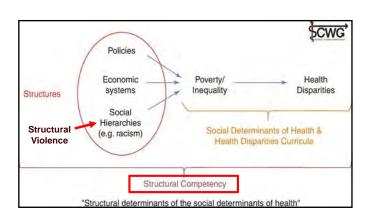
#### Structural Violence & Cultural Violence = Direct Violence

<u>Violence:</u> Preventing human beings from achieving their full physical and mental potential – Johan Galtung, 1969

Structural Violence: All forms of structural discrimination







#### **Pyramid of Hate**

- Trauma surgeons have an important role in countering hate at every level.
- This takes true leadership.





#### Dr. Martin Luther King Jr. - Beyond Vietnam, 1967

"True compassion is more than flinging a coin to a beggar. It comes to see that an edifice which produces beggars needs restructuring."



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UChicage Medicine	
Thank you	
tzakrison@surgery.bsd.uchicago.edu @tzakrison	
UChicago Medicine	



# JENNIFER KNIGHT DAVIS Strategic Activator Achiever Command Self Assurance

2

#### GALLUP ORGANIZATION

- Widely known for polls and employee selection research
- 1990s Donald Clifton
- Objective measure of personal talents

\*

WEST VIRGINIA UNIVERSITY

#### GALLUP STRENGTHS

- Positive psychology
- 30 years of research
- Over 22 million people world wide

CliftonStrengths

~

WEST VIRGINIA UNIVERSITY Jon Michael Moore Trauma Cemer

/

The key to success is to fully understand how to apply your greatest talents and strengths in your everyday life.



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5

#### STAND UP IF YOU ...

- talk to people in elevators, airplanes, grocery stores, and wherever you go
- have a color-coded or otherwise organized closet
- write down a list of things to do, and stick to it
- make a list of things to do on weekends
- need to pick someone to race while driving
- ask too many questions



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#### **EVERYONE HAS TALENT**

Talent is a naturally recurring pattern of thought, feeling, or behavior that can be productively applied.

Examples of talent include:

- effortlessly and instinctively starting conversations
- thinking in an orderly or timely manner
- being able to easily influence others
- seeing patterns in data
- consistently having a positive outlook on life



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7



8

#### REPORTS

- What was your first reaction?
- Did anything surprise you?
- Which theme among your top 5 resonates with you and why?



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# Most common strengths Male Female Achiever Achiever Learner Responsibility Relator Learner Strategic (11) Relator Responsibility Empathy (20)

10

#### LEAST COMMON STRENGTHS

- Discipline
- Significance
- Command
- Self Assurance
- Context



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11

## COMMON STRENGTHS OF THIS GROUP (AS OF 12/27/19)

- Restorative
- Learner
- Achiever
- Input
- Responsibility, Individualization, Intellection



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#### STRENGTHS ZONE

- Look forward to going to work
- Have more positive than negative interactions with coworkers
- Treat patients (customers) better
- Tell their friends they work for a great company
- Achieve more on a daily basis
- Have more positive, creative, and innovative moments



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13

#### STRENGTHS JOURNEY

- Themes are neutral
- Themes are not labels
- Lead with positive intent
- Differences are advantages
- People need one another



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14

#### APPRECIATE YOUR TALENTS

- You don't have to become a different person to be successful
- You don't have to be all things to all people
- You can't be anything you want to be, but you can be more of who you are
- You can learn how to be a better version of who you already are.



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#### NAME IT! CLAIM IT! AIM IT!

Your report is a beginning, not an end.

Name It

 Read your Signature Theme Report (Top Five) and highlight or underline the words or phrases that best describe you.

Claim It!

 Which of your five Signature Themes do you really "own"? How does this theme help you to be successful in your role?

Aim It

 How could you use this Signature Theme more intentionally? Starting tomorrow, I will use my talents in this theme by:



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#### **ENGAGEMENT**

- Share a mission and purpose
- Everyone on the team understands and appreciates that he/she is great at some things and not very good at others
- Team members are aware of others talent filter



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17

#### **ENGAGEMENT**

- Currently 13% of employees across 142 countries are engaged in their jobs
- 30% in the US
- 63% not engaged
- 24% ACTIVELY not engaged
- 1 in 4 can strongly agree that at work they have the opportunity to do what they do best every day.



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## BALCONY AND BASEMENT Do any of your Top 5 sometimes adversely affect either the work you do or the relationships you need to develop?

22

TBL – MANAGING A DIVISION IN CRISIS/DISTRESS

\*

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23

GENERATIONAL DIFFERENCES	
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#### **ACTIVITY 1**

- What similarities are seen between generations?
- Where could conflicts arise?
- Solutions

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ACTIVITY	2	
Conflict		
Scenarios	Strengths	
1.	Deliberative	Activator
2.	Relator	Woo
3.	Focus	Adaptability
4.	Self Assurance	Analytical
5.	Individualization	Consistency
*		

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Team Members	Address: Acringer Belaif Considerry Defensive Despise	Responsibility Respon	Magabaliny Adaptaliny Conventions Conventions Conventions Hormony	Analytical Correct Pedentic Pe



#### Making Your Team Healthy

How do you as a leader affect the wellness of the whole group?

Sharmila Dissanaike MD FACS FCCM



The Figures Association for the Security of Tomas

1

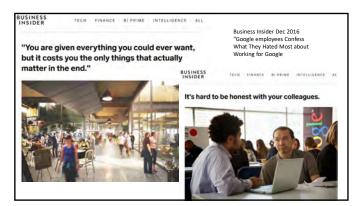
#### Objectives & Disclosures

- No conflicts of interest
- Interactive group learning session, befitting the overall format of this series
- Goal: to provide opportunity for you to develop actionable plans for wellness of your team
  - NOT to make you a scholar of wellness & burnout, hence:
- No didactics. My apologies to those who prefer data-heavy slides

2

What Does Wellness Mean? What Does it Look Like to You?





Idea Exchange

What are your Top 5 Priorities as a Leader? (not your own as a surgeon) (Won't be asked to share		
Research	Patient Care	Financial Stability
Innovation	Teaching	National Reputation
Wellness	Growth	Industry

It's OK if wellness doesn't make your top 5!

Works better when integrated into primary mission & goals

Making it a stand-alone goal risks it becoming a checkbox

8

Conversely, none of the other goals likely to be achieved if your team is not well

<ul> <li>What does it mean for your team to be well?</li> <li>Describe what it might look like</li> <li>Could be concepts, actions you have taken, results of actions, or random examples</li> </ul>	
Generate a few core concepts	
10	
	7
Idea Exchange Please write down ideas that appeal to you, as they are shared!	
11	
Examples  • Collegiality • Gratitude • Feel Appreciated • Meaningful work  • Wolunteering to help each other out in emergencies • Sensible work schedules • Defined plans for parental or sick	
Energized     Not burned out     Reading in work     leave that go over and above institutional policy     Reading junior colleagues     Mentorship	

What are the Barriers to getting there?	
What are the barriers to getting there.	
• List as many as you can	
• Select top 1 or 2	
• Share in groups	
<ul><li>Are any of them truly non-modifiable?</li></ul>	
13	
Contribution of Direct Supervisor	
to Burnout & Job Satisfaction has	
been well demonstrated	
(Which, of course, is why you're here doing leadership training in the first place!)	
	-
14	
\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	
What about You —	
are you an Asset or a Barrier to	
your Team's Wellness? What	
, Would your Team say?	
(Won't be asked to share – whew!)	

#### Answer is likely "Both".

ASSET	BARRIER

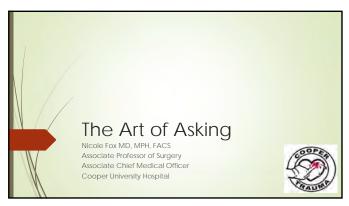
Homework: Get a 360° evaluation – most of us are less self-aware than we think

16

Conclusion: A few features of a healthy work environment

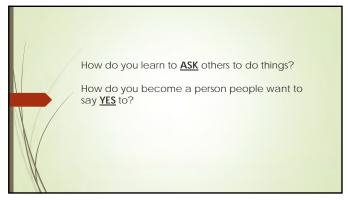
- Meaningful work and meaningful contributions
- Feeling valued and appreciated
- Having a say in how things are run empowerment, agency, control
- Transparency
- Trust
- Caring for the team











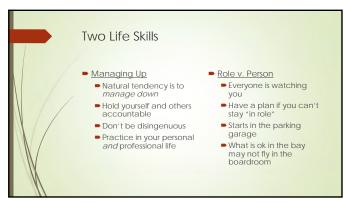


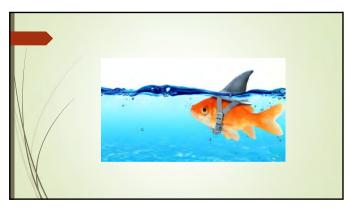






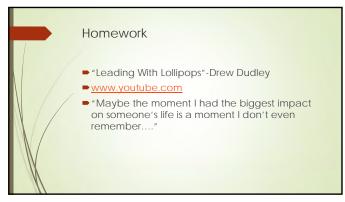
One of the common mistakes that even good people make is that of the constricted heart, the ungenerous spirit. The belief that if the seesaw of life goes up for one person it must come down for another. The inability to be supportive and truly happy for others when they succeed.



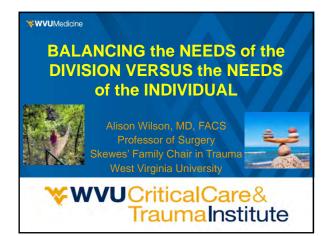


# Realistic Concerns Is the person you are asking suited for the job? Is it something you are trying to "pass off?" Are you setting them up to fail? Are you available to provide support? Are you able to take on the project if they cannot complete it? Do you have a back up plan?







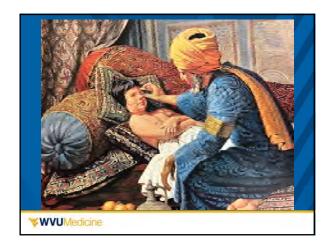


#### **DISCLOSURES**

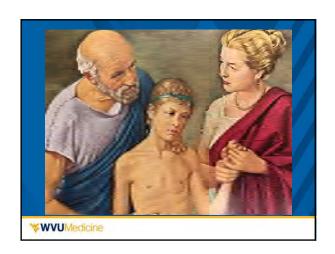
- No Financial Disclosures or COI
- Opinions expressed are mine and may differ from other individuals or institutions
- I am a Division Chief

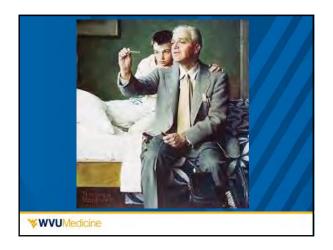
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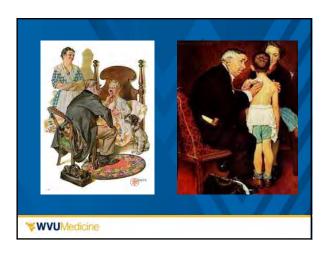












#### **HIPPOCRATIC OATH**

- I swear to fulfill, to the best of my ability and judgment, this covenant
- I will respect the hard-won scientific gains of those physicians in whose steps I walk, and gladly share such knowledge as is
  mine with those who are to follow.
- I will apply, for the benefit of the sick, all measures [that] are required, avoiding those twin traps of overtreatment and therapeutic nihilism.
- I will remember that there is art to medicine as well as science, and that warmth, sympathy, and understanding may
- I will not be ashamed to say "I know not," nor will I fail to call in my colleagues when the skills of another are needed for a nation's recovery.
- I will respect the privacy of my patients, for their problems are not disclosed to me that the world may know. Most sepecially must I track with care in matters of life and death, if it is given not save at life all thanks. But it may also be within my power to take a life this avescome responsibility must be faced with great humbleness and awareness of my own frailty. Above all, I must not play at Great productions.
- I will remember that I do not treat a fever chart, a cancerous growth, but a sick human being, whose illness may affect the
  person's family and economic stability. My responsibility includes these related problems, if I am to care adequately for the
- I will prevent disease whenever I can, for prevention is preferable to cure.
- I will remember that I remain a member of society, with special obligations to all my fellow human beings, those sound of mind and body as well as the infirm.
- If I do not violate this oath, may I enjoy life and art, respected while I live and remembered with affection thereafter. May I
  always act so as to preserve the finest traditions of my calling and may I long experience the joy of healing those who seek
  my helo.

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#### THE PHYSICIAN'S OATH

- I solemnly pledge myself to consecrate my life to the service of humanity;
- I will give to my teachers the respect and gratitude which is their due;
- I will practice my profession with conscience and dignity;
- The health of my patient will be my first consideration;
- I will respect the secrets which are confided in me
- I will maintain by all the means in my power, the honour and the noble traditions of the medical profession:
- My colleagues will be my brothers and sisters:
- I will not permit considerations of religion, nationality, race, gender, politics, socioeconomic standing, or sexual orientation to intervene between my duty and my patient;
- I will maintain the utmost respect for human life; even under threat, I will not use my medical knowledge contrary to the laws of humanity;
- I make these promises solemnly, freely and upon my honour

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## VOCATION Vs JOB

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# WHO ARE YOUR PATIENTS??

#### **SERVING YOUR PATIENTS**

- GOOD DIVISION
  - Knows the Needs of the Patients
  - Aligns those Needs with Division Purpose/Mission
  - Selects Faculty who align
- WEAK DIVISION
  - Filling slots to fill slots
  - Cookie Cutter positions
  - Does not have Purpose or Mission





## WHAT IS THE DIVISION MISSION?

- Essence of Everything
  - Determines Resources, Priorities, Time, Value
- Every Division has a Mission
  - May not be Written
  - Clinical, Teaching, Education, Research, Service
  - You should know what this is for your Division or potential Division

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#### **PRIMER for NEW FACULTY**

- What does the person bring to the table?
- What are the division needs at this time?
  - Do those things align???
- Finding "Fit"
  - Faculty Individual Values and Division Culture
  - This matters more than you think
- WILSON RULE 1: IT'S ALL ABOUT RELATIONSHIPS



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#### WHAT SHOULD THE INDIVIDUAL DO? • 1. Know Yourself: Honest Assessment Strengths + Weaknesses Motivators + What Does Not Motivate You Values Purpose + Aspirations Review Regularly – Things often Change 2. Does Your Division Chief Know This ?

#### **CHECKING ALIGNMENT**

For Profit Level II

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- Group Covers Trauma + Each has Big Elective Practice
- High Volume
- TMD only involved in Professional Organizations
- Big Salaries/Bonus

#### **INDIVIDUAL**

- Wants to Do Trauma/Acute Care
- Doesn't Enjoy Elective
- Wants to Do Research
- Requesting Protected Time



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#### **ADVOCATING CLINICAL + 1** YOUR PURPOSE WHAT IS YOUR PLUS 1 ??? A= YOUR B= OTHERS' PASSION B= NEEDS Do Others Know This ??

Have You Done Something w It?? What is Your Product ???

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# SAME FOR DIVISION What is the Division Known for ?? Reputation What is the "Elevator Speech" ?? What is Leadership Proud of What is Leadership Proud of What is Being Asked ?? Direction of the SOM, Institution, System

**MANAGING EXPECTATIONS** 

Division Chief

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- What Is Absolute
- What Has Latitude
- What Are the Expectations
- Executing a Plan
- Clarity in Needs



- Individual
  - Do You Know the "Rules"
  - What Do You Do w/ Latitude
  - How Do You Bring Awareness to What You are Doing
  - Do You Step Forward

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### PLAYING the STRENGTHS of the INDIVIDUAL

- IDEA PERSON
- PEOPLE PERSON
- TASK MASTER
- CUT THE CRAP



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#### **IDEA PERSON**

#### TRAITS

- Thinks Outside the Box
- New Way to Look at Things
- Energetic
- Can Facilitate Change
- May Not Be a "Closer"
- May Push Back on Policies
  - May Limit Certain Roles

#### **OPPORTUNITIES**

- Design/Start Up New Program
- Refresh Existing Programs
- Pair w/ Task Master
- Chief: Set Deliverables
  - What Does Success/Completion Look Like

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#### **PEOPLE PERSON**

#### TRAITS

- In Tune w Others
- Team Player
- Will Want to Support
   Others
- Good at Listening
- Will Know Status of Entire Team
- May Not Take a Stand
- May Get Distracted

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#### **OPPORTUNITIES**

- Assessment of Program
- Balance on Committee
- Will "hear" Different Views
- Can Temper Views, Help w Compromise

#### **TASK MASTER**

#### TRAITS

- Great Planner
- Executes Tasks
- Builds Timelines
- Methodical/CloserEmbraces Details
- May Get Bogged Down
- May Take a Long, Long Time

#### **OPPORTUNITIES**

- Execute a Plan
- Closer
- Build and Carry Out Programs
- Jobs w Details TMD
- Chief: Clarify Timeline and Wins

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#### **CUT the CRAP**

#### TRAITS

- Often Direct Communicator
- Can "Hold the Line"
- Real Issue vs "Feelings"
- Will Say What Others Think but Fear to Say
- Bold
- Can Be Reactive, Emotional

#### **OPPORTUNITIES**

- Things that Cannot Be Compromised
- Projects that Need a Compressed Timeline
- Programs/Issues that Need Challenged
- Chief: May need to help Temper Emotion

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#### **SUCCESS**

#### INDIVIDUAL

- What Are Your Main Traits
- How Do You Express That
- Do You Step Forward
- Do You Match Up W Division Needs



#### **DIVISION CHIEF**

- Know Your People
- Be an Example
- Communicate Vision
- Play Their Strengths
- Advertise Successes
- Look for Opportunities
- Honest FeedbackGood and Bad

### WHAT IF YOU ARE FEELING OVERLOOKED ??

#### • 1. LOOK AROUND

- What Have You Done/Completed??
- Do You Step Forward ??
- Where Is the Division Going??
- Are You A Good Fit for the Opportunities Offered?
- Who Is Getting the Opportunities ??

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#### WHAT YOU SHOULD DO ??

- Take an Inventory of You and Your Accomplishments
- Have You Been Clear in Your Aspirations
- Have You Completed Things You Were Entrusted With
- Go Meet w Division Chief

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#### THE MEETING

#### • INDIVIDUAL

- Be Clear
  - Accomplishments
  - Desires
  - Concerns
- Be Able To Listen
  - May Have Bigger Plans for You
  - May Not Have Performed
  - May Need Different Personality for that Job

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#### THE MEETING

#### **DIVISION CHIEF**

- Be Clear
  - What Was the Fit
  - What Are Other Opportunities
  - Why They Were Not Selected
- Be Able To Listen
  - Share Vision
  - Work an Opportunity for Them
  - Set Expectations

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