



Eastern Association for the Surgery of Trauma

Advancing Science, Fostering Relationships, and Building Careers

Leadership Starts with You-Know Yourself & Expand Your Influence - An EAST Leadership Development Workshop

TUESDAY, JANUARY 17, 2023 - 8:00 am – 4:15 pm

Presented by the EAST Career Development Committee

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

Overview: The workshop will focus on personal leadership – how individuals define and approach leadership and success from a foundation of knowing themselves, their values, strengths, and communication styles in addition to having knowledge of barriers to success. The knowledge and skills gained from this course can be applied not only at one's own institution, but also at the professional organization level. Team-based learning exercises will be incorporated to encourage an active learning experience and provide more opportunity for engagement with course faculty.

Workshop Directors: Alexander Eastman, MD, MPH; Charles Harris, MD; Alaina Lasinski, MD; Catherine McKnight, MD; Jacinta Robenstine, MD

Faculty: Anna Bradford Newcomb, PhD; MSW, LCSW; Jeffrey Claridge, MD, MS; Jamie Coleman, MD; Nicole Fox, MD, MPH; Bellal Joseph, MD; Mayur Patel, MD, MPH; Heena Santry, MD, MS, BA; Jason Smith, MD, PhD, MBA; Deborah Stein, MD, MPH; Alison Wilson, MD; Salina Wydo, MD

Schedule and Faculty Subject to Change

Schedule:

8:00 am–8:10 am	Introduction – Salina Wydo, MD
8:10 am–8:40 am	Know Thyself: Identify & Leverage Your Strengths & Personality – Alison Wilson, MD
8:40 am–9:10 am	Start with Why: Defining Success & Developing a Plan – Mayur Patel, MD, MPH
9:10 am–9:40 am	Evaluating Opportunities: How to Say Yes or No and Ask for More – Jason Smith, MD, PhD, MBA
9:40 am–9:50 am	Break
9:50 am–10:20 am	Getting Promoted: How to be Efficient, Focused, & Build a Strong CV – Jeffrey Claridge, MD, MS
10:20 am–10:50 am	The Value of Relationships: Networking Locally & Nationally – Jamie Coleman, MD
10:50 am–11:05 am	Q & A with Drs. Claridge, Coleman, Patel, Smith & Wilson Moderator: Alaina Lasinski, MD
11:05 am–11:40 am	Team Based Learning: Understanding Your Personality and How to Better Communicate with Others Moderators: Alexander Eastman, MD, MPH; Charles Harris, MD; Alaina Lasinski, MD; Catherine McKnight, MD; Jacinta Robenstine, MD
11:40 am–12:30 pm	Lunch
12:30 pm–1:00 pm	Imposter Syndrome: Quieting the Critic from Within – Bellal Joseph, MD
1:00 pm–1:30 pm	Managing Up and Down: Developing & Leading Productive Teams – Nicole Fox, MD, MPH
1:30 pm–2:00 pm	Crucial Conversations: Keys to Conflict Resolution – Anna Bradford Newcomb, PhD, MSW, LCSW
2:00 pm–2:10 pm	Break
2:10 pm–2:40 pm	The Road Less Traveled: Leadership Outside of Clinical Medicine – Heena Santry, MD, MS, BA
2:40 pm–3:10 pm	Give & Take: Mentorship, Sponsorship, & Paying If Forward – Deborah Stein, MD, MPH
3:10 pm–3:25 pm	Q & A with Drs. Bradford Newcomb, Fox, Joseph, Santry, & Stein Moderator: Alaina Lasinski, MD
3:25 pm–4:00 pm	Team Based Learning: Identifying Your Values and How They Play a Role in Conflict Resolution Moderators: Alexander Eastman, MD, MPH; Charles Harris, MD; Alaina Lasinski, MD; Catherine McKnight, MD; Jacinta Robenstine, MD
4:00 pm–4:15 pm	Wrap Up & Takeaways – Alaina Lasinski, MD & Salina Wydo, MD