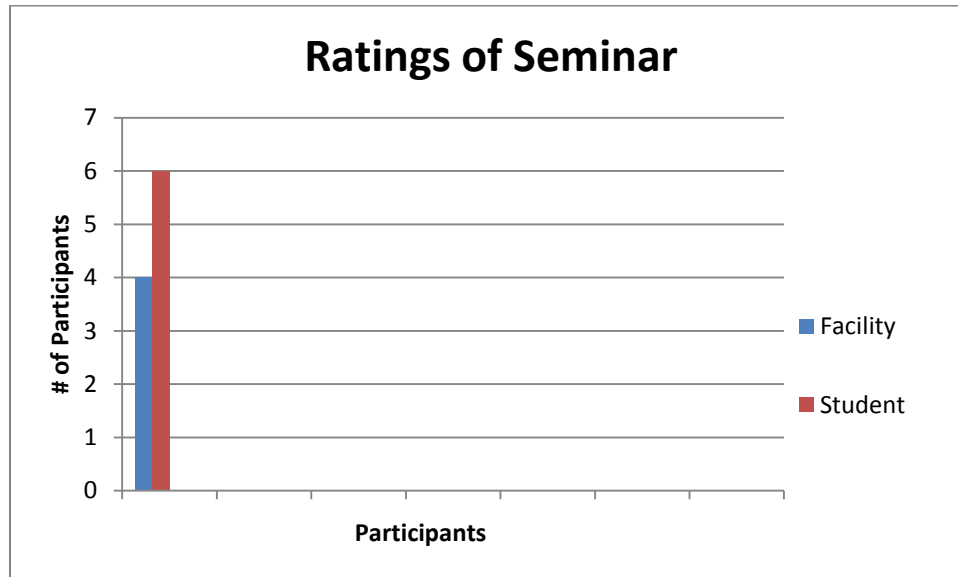


May 16-17

Women in Medicine and Science (WIMS) Leadership Forum



1. What skills did you learn today in this forum that you can use?

- Ways in which I can reflect and focus on me and my dreams/goals and what I can do to achieve these ideas.
- Identify priorities. Organization for work-life balance. Awareness wheel. Skills for improving and listening.
- Better communication skills.
- The 3 Ds of living from Dr. Patton will help me be a better balanced person and will allow me to be more productive in my work. I also learned some skills for how to manage a meeting.
- Network and colleagues in various fields and departments. Learn to “use the moment” to “make an impression.” Keep your focus on the most important goals—put the larger items in the bowl first. We need to work out mentors, they don’t just appear.
- I learned more about myself and how I can be a stronger leader. The forum spoke to me that I need to be more vocal, network, and have confidence in who I am and my skills.
- Be assertive. Recognize pressures and gain perspective by creating 3D living.
- I liked the PAR—for elevator speech. I’ve done the elevator speech but not from the PAR approach.
- Self-reflection and re-evaluating goals through time.
- Evaluate my strengths more often to better myself.

2. How will you apply the skills you learned during this forum?

- Devote more time and energy to make sure all my current actions are aligned with my goals.
- Useful tips to achieve a better career; definitely helpful to balance work-life issues. Self-awareness to improve communication in the workplace.
- I will apply it in my interactions at work.
- I will start to use weekly diversions and distractions. By taking some time for myself, I will become a healthier and happier woman.
- This has been very provocative—I will do some thinking about Janet’s teachings. I will make more effort to network and get involved. I will try to raise (or eliminate) my “glass ceiling.”
- Re-assess how I interact with people, and how I view success. I will try to apply the 3Ds to my life to overcome frustration so that I can continue to make an impact.
- Go on vacation.
- I have a plan for feedback on a specific item.
- Constant insight into current goals and approaches and crediting large and smaller successes.
- Re-evaluate goals to make sure they fit into my life goals.

3. In what way was this forum useful to you?

- Providing ideas and tools to help better myself and how to become a stronger professional.
- Very helpful for personal growth that will absolutely impact my career development.
- Networking, sharing experiences, mentoring.
- I have recently taken over the leadership of a group. The skills for managing a meeting will be very useful to me for this group.
- I can isolate myself in my work—but I might have more “power” if I reach out to others more.
- As a student I learned skills that will help me be a strong leader and researcher. It was inspirational to know that my mentors and people I respect have had the same problems and to know how they overcome diversity and their own insecurities.
- Helped me to identify with other women that have more experience.
- It was reflective—good start to the summer.
- It gave me the opportunity to look at the way other people view success, failure, and goals in life. I now have a different perspective on aligning my strengths and weakness with what I am looking for in life personally and professionally.
- Helped me focus on myself.

4. What immediate steps/actions will you take as a result of this forum?

- More focus on self monitoring. Try and take time to do this on a daily basis.
- I will actively try to delegate more.
- Learn to manage and organize my time.
- I will make an agenda for my first meeting. I will continue my weekly distractions of exercising.

- I will get active in “Women in Science & Medicine.”
- Networking and communicating with other professionals. Face the issues and frustrations in my life that are preventing me from fulfilling my potential.
- Feedback.
- Self reflection.
- Focus on strengths.

5. **What practices you currently use will be discontinued as a result of this forum?**

- Taking too much on, either learning to say no or delegating.
- I will discontinue to make assumptions and engage in active listening (“Become a receiver”).
- I will try to deal with conflict better and not react immediately.
- Not sure but I will think about it.
- Expecting the impossible of myself.
- Won’t read emails 1st thing in the morning and focus on the harder task which is the first thing on my calendar but I often ignore.
- Just looking ahead to future success without being content with smaller successes and failures along the way.
- Try to keep my strengths as strengths, do not overuse them and make them into weaknesses.

6. **What result(s)/impact(s) did you expect from participation in this forum?**

- Insight into life/career obstacles that I will face as a woman in medicine and the tools to manage them.
- Improve my overall personal satisfaction/growth that will basically result in career growth. Great value to improve my mentoring capability.
- Improvement of self-awareness.
- I honestly wasn’t sure what to expect from the forum, but I did think that since I was a student that I would not be able to participate as much. I was pleasantly surprised by how the students were welcomed into the group and encouraged to participate.
- I was hoping to find some inspiration.
- Ability to better handle conflict, be a leader, and deal with stress. Use skills gained from forum to aid me in being a successful scientist.
- Hope to be more effective (and hopefully efficient) in my overall work—in the approach to workload.
- Gain better practices on self reflection, evaluation, and setting goals and reaching them.
- Learn strategies to better myself and my leadership skills.