

## Annual Conference – Pre-Conference Workshop PC2

Your Dream Job: Achieving Organization & Resilience with Your Professional Network  
*revised 8/2/2017*

Thursday, October 19, 2017 from 12:30 to 3:30 PM

### Summary

Early Career Professionals (ECPs) face barriers that may impact their ability to contribute to the field of integrated care. One common barrier reported by ECPs is modifying skills to improve organization and efficiency in the work environment. Challenges in efficiency may be related to difficulties in establishing work-life “balance,” discovering that one cannot say “yes” to everything, difficulty delegating, and competing short and long-term goals. As a result, this may affect their ability to design, conduct, and disseminate research/scholarship even when it is a priority to them or the organizations for which they work. Additionally, the long term effect can be burnout and work place dissatisfaction. This workshop will focus on addressing common challenges that ECPs face by discussing time management strategies, identifying networking opportunities, and effective teamwork skills to achieve professional efficiency. Facilitators will provide experiential opportunities to use tangible skills to overcome obstacles.

### Objectives

Upon completion of this activity, learners will be able to:

- Recognize signs and symptoms of burnout
- Identify individual challenges in the workplace and strategies to decrease burnout
- Implement strategies and skills to achieve professional efficiency

### Presenters

- Laura E. Sudano, PhD, Assistant Professor, Director of Behavioral Sciences, Wake Forest Baptist Medical Center
- Lauren N. DeCaporale-Ryan, PhD, Assistant Professor, University of Rochester Medical Center
- Colleen T. Fogarty, MD, MSc, FAAFP, Associate Chair, University of Rochester Randall Reitz, PhD, Director of Behavioral Medicine, St Mary's Family Medicine Residency
- Jodi Polaha, PhD, Associate Professor, East Tennessee State University
- Jennifer Funderburk, PhD, Clinical Research Psychologist, VA Center for Integrated Healthcare

### References

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