



AAS

Association for
Academic Surgery

Getting off the treadmill...

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Disclosures

- None.
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“Just when I think I have learned the way to live,
life changes.”

Hugh Prather

“I am not lost, for I know where I am. But,
however, where I am may be lost .”

Winnie the Pooh

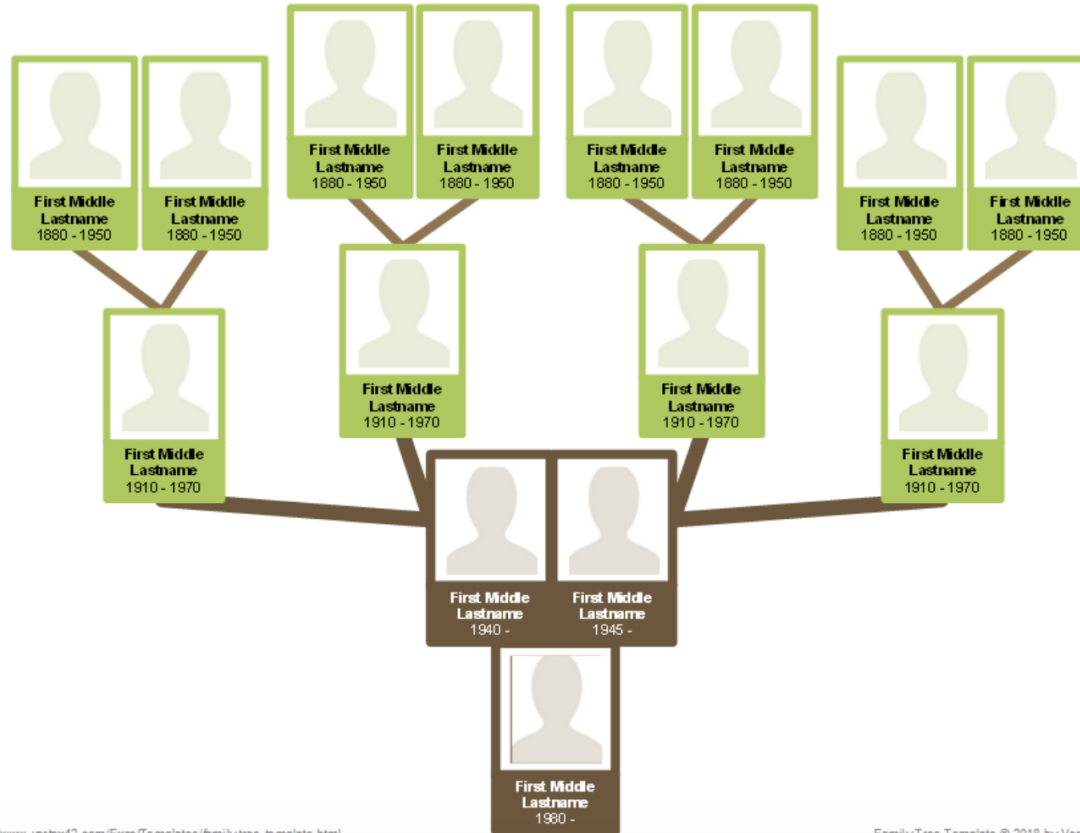


Big Topic


- Building support system in training and beyond
- Understanding what inspires and rejuvenates you
- Ensuring your path is aligned with values and passions.

Support System

My Family Tree



But where?

- “Naturally”
 - Organizations
 - Social Media
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Understanding yourself...



- The mirror and the microscope guide your mission.
- A mission centered career is a fulfilling career... and a fulfilling career comes with its own built-in resilience pad.

Understanding yourself...



Ensuring your path ...

- Say no to shoes you know are not your style
- Stop every once in awhile and check in with your feet... Feet can change.
 - Any blisters?
 - Sore spots?
 - Feeling good?

Final thoughts

- Stay true to your mission... no matter how that looks.
- Staying true to your mission may mean 1 pair of shoes, or 100.
- Resilience comes from knowing you are doing what you meant to do!

Thank you!

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