



Session # PC2

Stuck in the Middle: Strategies to Effectively Navigate Obstacles as an Early Career Professional

Laura E. Sudano, PhD, LMFT, Associate Director, Collaborative Care, University of California San Diego (UCSD) Family Medicine and Public Health, San Diego, CA

Eboni Winford, PhD, Behavioral Health Consultant, Cherokee Health Systems, Knoxville, TN

Annie Jack, MD, Instructor of Clinical Family Medicine, University of Rochester, Primary Care Network, Rochester, NY

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Faculty Disclosure

The presenters of this session have NOT had any relevant financial relationships during the past 12 months.

Conference Resources

Slides and handouts shared in advance by our Conference Presenters are available on the CFHA website at http://www.cfha.net/?page=Resources_2018



Slides and handouts are also available on the mobile app.



Learning Objectives

At the conclusion of this session, the participant will be able to:

- List three common challenges faced by early career professionals in health-related professions.
- Identify three personal strengths and struggles in your current work context.
- Apply two strategies to effectively navigate your personal struggles in their current work context.



Bibliography / Reference

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3. Ghorob, A., & Bodenheimer, T. (2015). Building teams in primary care: A practical guide. *Families, Systems, & Health, 33*, 182-192. doi: 10.1037/fsh0000120
4. Green, A. G., & Hawley, G. C. (2009). Early career psychologists: Understanding, engaging, and mentoring tomorrow's leaders. *Professional Psychology: Research and Practice, 40*(2), 206-212. doi: 10.1037/a0012504
5. Jones, T. B., & Osborne-Lampkin, L. (2013). Black female faculty success and early career professional development. *Negro educational review, Greensboro, 64*, 59-75.
6. Lencioni, P. (2002). *The Five Dysfunctions of a Team*. San Francisco, CA; Jossey-Bass.
7. The Executive Connection (June 24, 2015). 9 common leadership styles: Which type of leader are you? Accessed at <http://tec.com.au/resource/9-common-leadership-styles-which-type-of-leader-are-you/>
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Learning Assessment

A learning assessment is required for CE credit.

A question and answer period will be conducted at the end of this presentation.



Background

you.



Group Activity

- Identify unique factors for ECPs in the work setting
- Define your personal strengths in your current work context
- Define your personal struggles in your current work context
- How does your current work environment promote your ongoing professional development?
- What are the barriers to your professional growth?



Transition from Student → ECP

- Overview of research about transition of students to ECPs
- Macro issues
- Micro issues

Leadership

- Effective leadership styles
- Ineffective leadership styles

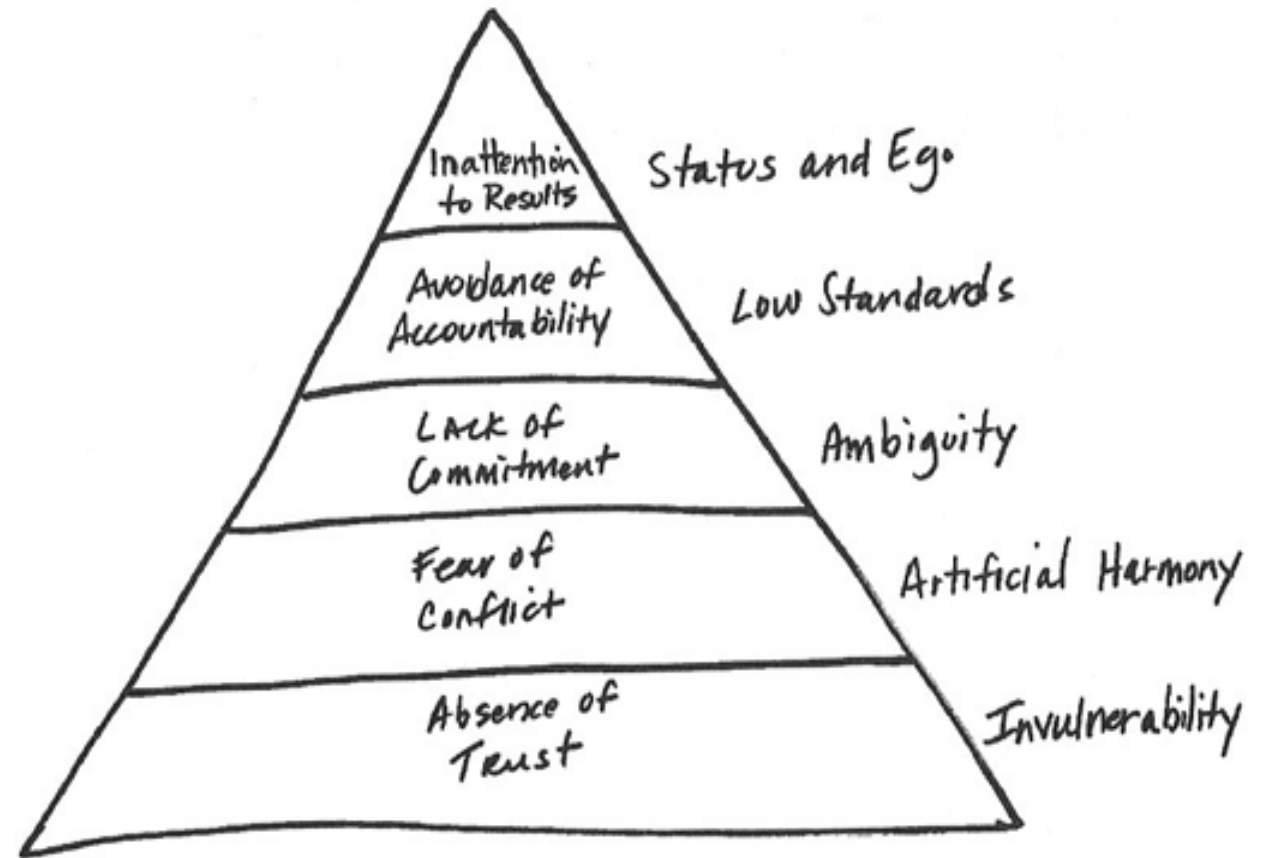


Break



Team Functioning

- Each level builds on the other
- Applicable
- Large consideration is power*





Important Conversations

Define common workplace issues

Identify strategies to prevent or address issues

Describe strategies to negotiate conflict, salary



Panel





Session Evaluation

Use the CFHA mobile app to complete the evaluation for this session.

Thank you!

