

HCMA Foundation Physician Wellness Program

Physician Well-being Series

Session 4:

Title: Thriving in Medicine: Cultivating Career and Intellectual Well-being for Physicians

Speaker: Dian Ginsberg, EdD, CPCC, CHWC

Date & Time: Thursday, October 19, 2023 - 6:00pm – 7:30pm

Session Description: As physicians, your dedication to the practice of medicine is unwavering. However, amidst the challenges and demands of your profession, it's essential to nurture your own career and intellectual well-being. Join us for an inspiring webinar, "Thriving in Medicine," designed to empower physicians like you with the tools and strategies to navigate your career path with purpose, fulfillment, and ongoing intellectual growth.

Led by esteemed professionals in the field of medical career development and intellectual wellness, this webinar will provide you with invaluable insights, practical guidance, and compassionate support to enhance your professional journey. Through engaging discussions and interactive exercises, we will explore the profound impact of career satisfaction and intellectual stimulation on your overall well-being.

Key Course Highlights:

1. **Crafting a Fulfilling Career Path:** Delve into the art of self-reflection and goal setting to shape a career aligned with your passions, values, and aspirations. Learn strategies to navigate various medical specialties, explore non-traditional career paths, and find the perfect balance between personal and professional life.
2. **Fostering Continuous Intellectual Growth:** Embrace the joy of lifelong learning and intellectual stimulation within the field of medicine. Discover

practical techniques to stay up-to-date with medical advancements, expand your knowledge base, and integrate new perspectives into your practice.

3. **Overcoming Challenges and Burnout:** Address the common hurdles faced by physicians, such as burnout, work-life imbalance, and career dissatisfaction. Gain insights into effective strategies for self-care, stress management, and cultivating resilience to maintain long-term career satisfaction.
4. **Nurturing Mentorship and Networking:** Explore the transformative power of mentorship and building professional networks. Learn how to seek guidance from experienced physicians, foster supportive relationships, and tap into a wealth of resources for career development and intellectual growth.
5. **Embracing Innovation and Technology:** Stay at the forefront of medical innovation by embracing technology and adapting to changing healthcare landscapes. Discover how to leverage digital tools, telemedicine, and data analytics to enhance your practice and improve patient outcomes.
6. **Finding Meaning and Purpose in Medicine:** Reflect on the deeper meaning and purpose behind your role as a physician. Explore how aligning your career with your values and making a positive impact on patient care can fuel your motivation and contribute to long-term career satisfaction.

Join us for this transformative webinar and embark on a journey of self-discovery and professional growth. Reconnect with the passion that initially led you to medicine, reignite your intellectual curiosity, and thrive in your chosen path. By prioritizing your career and intellectual well-being, you'll not only enhance your own life but also provide exceptional care to your patients.

This Physician Well-being Series is brought to you by the HCMA Foundation Physician Wellness Program (PWP). For more information about the PWP and the other benefits offered, please visit <https://hcma.net/hcma-physician-wellness-program>

