

Conference Agenda

Models of Leadership: "Where Do You Fit"

Friday, April 27, 2018

LARRICK STUDENT CENTER, MCV CAMPUS

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| 11:30 | Check-in and Registration
Visit the Exhibits <ul style="list-style-type: none">• Women in Science Organization (WIS)• Barnes and Noble @ VCU – Books will be available for purchase• Women in Medicine Student Organization (WIMSO) | Prefunction Hallway
Court End Ballroom |
| 12:00 | Welcome and Announcements
<i>Kimberly Sanford, M.D.</i> , President, WISDM Faculty Organization | Court End Ballroom |
| 12:15 | Lunch, Questionnaire and Discussion | |
| 1:00 | KEYNOTE ADDRESS
<i>Redefining the Metrics of Success</i>
<i>Sheryl Garland, M.H.A.</i> , Vice President of Policy and Community Relations, VCU Health
By the end of this session, participants will be able to: <ul style="list-style-type: none">• Review tools to survive in a complex environment.• Outline strategies to find alignment between personal and organizational values.• Discuss the merits of defining clear personal and professional goals. | Court End Ballroom |
| 2:00 | WISDM PROFESSIONAL ACHIEVEMENT AWARDS
Moderator: <i>Kimberly Sanford, M.D.</i> <ul style="list-style-type: none">• VCU School of Medicine• VCU School of Dentistry Special Recognition: Peter Buckley, M.D., Dean, VCU School of Medicine and Executive Vice President for Medical Affairs, VCU Health System
David Sarrett, D.M.D., M.S., Associate Vice President, Faculty Affairs; Professor and Dean, VCU School of Dentistry
Julie Beales, M.D., M.H.A., Chief of Staff, Hunter Holmes McGuire VA Medical Center
Betsy Ripley, M.D., RAC, Interim Senior Associate Dean for Faculty Affairs, VCU School of Medicine | |
| 2:30 | Break | |

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- 2:45** **CONCURRENT WORKSHOPS**
- A. Have You Lost Your Mind Yet? Creating a More Mindful Leadership Presence** **Jackson Ward A**
Jean Gasen, Ph.D., PCC, Director of Leadership and Coaching, VCU School of Business
- How do you process the world through your head every day? Are you on autopilot most of the time? Worrying more than you would like? Feeling like you are a victim of ‘brainjacking’ ? Or just finding yourself increasingly overwhelmed by the multitude of distractions that are out in the world or in your head? If your mind can sometimes give you a big headache, this session is for you. You will discover which mode of thinking you are predominantly living in, and how it both may serve you and hold you back. You will also learn scientifically-validated approaches to help master the distracting chatter in your head to become a calmer, clearer, and more compassionately mindful leader.
- At the end of this session, participants should leave with:
- Greater self-awareness of the four primary mental mindsets -- flow, creativity, mindlessness and mindfulness -- and what your most often go-to mental mindset is as a leader.
 - Increased appreciation for the benefits of sharp focus and open awareness as the primary drivers of greater leadership mindfulness (with frameworks for practice).
 - Specific tools for increasing your mindfulness in three key areas critical to your ability to become a more mindful leader - emails, meetings, and work-life balance.
 - An action plan to build your leadership mindfulness in the one area that will make the biggest difference in your leadership effectiveness.
- B. Community-Engaged Scholarship** **Churchill Boardroom**
Catherine W. Howard, Ph.D., Vice Provost, Division of Community Engagement
Lynn Pelco, Ph.D., Associate Vice Provost of Community Engagement
- By the end of this session, participants will be able to:
- Discuss the importance of community-engaged scholarship within 21st century higher education.
 - Define community-engaged scholarship and differentiate it from other forms of scholarship.
 - Utilize strategies for assessing quality in community-engaged scholarship.
 - Identify types of traditional and non-traditional artifacts of high-quality community-engaged scholarship.
- C. Burnout in Health Care: Old Problem, New Solutions** **Jackson Ward B**
Linda Hancock, Ph.D., FNP, Director of VCU Wellness Resource Center (The Well)
- Goal: Increase understanding of root causes of burn out and how to build resilience in individuals and systems.
- By the end of this session, participants will be able to:
- Review root causes including the five drivers of health care provider distress.
 - Explore a wide variety of skills to build resilience and avoid burnout that can be used at the individual and system level.
 - Engage in interactive exercises to brainstorm solutions at the organizational and individual level.
- D. Conflict Management: Promoting Civility in the Workplace** **Court End Ballroom**
William E. King, CO-OPSM, University Ombudsperson, VCU Office of the Provost
- By the end of this session, participants will be able to:
- Reflect on experiences causing conflict in the workplace.
 - Demonstrate an understanding of conflict styles impacting the work environment.
 - Participate in group scenarios to identify workplace conflict resolutions.
 - Better identify their role/responsibility in promoting civility in the workplace.

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3:45 Break

4:00 **Spotlight Session**

Court End Ballroom

Becoming All You Are: Building Your Authentic Leadership in Times of Chaos

Jean Gasen, Ph.D., PCC, Director of Leadership and Coaching, VCU School of Business

The journey to becoming 'your best you' is endless - and never more important than it is today. Pressures to stand up, step up and speak up to create the kind of world we want to leave to others is more critical than ever. True authenticity is essential to leadership success. What does it take to become an authentic leader in this environment? This session will focus on five keys to greater authenticity with examples and exercises for self-reflection and self-development. We will also discuss ways we can leverage our authenticity to create a more humane and inclusive environment for everyone to excel.

At the end of this session, participants should leave with:

- A clearer understanding of the five key characteristics of authentic leaders – purpose, values, relationships, self-discipline and heart – with a self-assessment of where you are in your journey.
- A set of tools for developing greater authenticity, with a special focus on creating inclusive environments that bring out the best in others utilizing the EACH framework (Empowerment, Accountability, Humility and Courage).
- An action plan to build your authenticity in the one area that will make the biggest difference in your leadership journey.

5:00 **RECEPTION: Refreshments and Networking** (turn in evaluations)

Prefunction Hallway

6:00 **Conference adjourns**