

NEWS FROM THE OFFICE OF FACULTY DEVELOPMENT AND THE FACULTY WELLNESS PROGRAM

June 2016

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SAVE THE DATES! FALL EVENTS & WORKSHOPS

New Faculty Orientation: Welcome & Meet Paul Ramsey

Sep 6, 1:00 – 4:00 PM, Health Sciences Building E-202, Turner Conference Room

Sponsor: Office of Faculty Development and School of Medicine

You've completed – or are in process of completing -- the general orientations from the hospital and your department. This optional program is your next stop, as we orient you to a few more things you may still be interested in learning to improve the quality of your experience here, including additional resources and tips for academic success. **Paul Ramsey, MD**, CEO, UW Medicine, and dean of the School of Medicine, and Associate Dean for Faculty Development **Christina Surawicz, MD**, invite faculty at all academic ranks who have joined UW Medicine in the last few years.

Register by August 29, 12:00 PM: <https://tr.im/14Oyg>

Movement Session: Topic TBA

Sep 16, 8:00 AM – 12:00 PM, South Campus Location TBA

Sponsor: Faculty Wellness Program

Details and registration forthcoming.

Mid-Career Development: You Got Promoted to Associate Professor – Now What?

October 12, 8:00 AM – Noon, Location TBA

Sponsor: Office of Faculty Development

This workshop offers an overview of promotions and the promotion process in the School of Medicine, as well as practical advice about making five- and ten-year plans and developing leadership skills. Includes opportunities for small group discussions.

Register by October 3, 12:00 PM: <https://tr.im/1Azeg>

Exploring the Coaching Framework for Personal Transformation

Oct 21, 8:00 AM – 12:00 PM, South Campus Location TBA

Sponsor: Faculty Wellness Program

Led by **Claudia Finkelstein, MDCM** (Director, Faculty Wellness Programs).

Details and registration forthcoming.

Preparing for Promotion to Associate Professor

Nov 3, 8:00 AM – 12:00 PM, Location TBA

Sponsor: Office of Faculty Development

This workshop offers an overview of promotions and the promotion process in the School of Medicine, as well as practical advice about teaching portfolios and opportunities for small-group discussions. Presenters:

Christina M. Surawicz, MD (Associate Dean, Faculty Development) and **Puneet Bhargava, MD** (Associate Professor, Radiology).

Register by October 24, 12:00 PM: <https://tr.im/1IiI4>

Getting Organized: Project Planning, Managing Email & Other Skills

Dec 6, 8:00 AM – 12:00 PM, South Campus Center 316

Sponsor: Faculty Wellness Program

Details and registration forthcoming.

EXTENDED SERIES TO ENHANCE WELLNESS

Weekly Yoga at Harborview

Thursdays (ongoing), 6:30 – 7:30 AM

Harborview Medical Center, Research & Training Building 109 (check white board for location updates)

Our popular, free yoga at Harborview Medical Center program is entering its third year! Yoga is about moving and breathing and connecting with your body, mind, and spirit. Mats, blankets, and blocks are provided. Led by **Joseph Merrill, MD** (Medicine), a certified yoga instructor.

Virtual Mindfulness Drop-In Sessions

3rd Tuesdays (ongoing), 7:30 – 8:00 AM

Join from PC, Mac, Linux, iOS : <https://zoom.us/j/140707575>

Join one of our drop-in Mindfulness sessions virtually and participate from wherever you are! Mindfulness has scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and well-being. Make time for yourself with 30 minutes of mindfulness practice prior to your workday. Sessions are led by **Claudia Finkelstein, MDCM** (Director, Faculty Wellness Programs). Open to faculty, staff, and students.

Office of Faculty Development, UW School of Medicine

Associate Dean for Faculty Development: Christina M. Surawicz, MD

Director of Faculty Wellness Programs: Claudia Finkelstein, MDCM

Program Management: Zhenya Lavy, PhC (206.616.6083)

somfacdv@uw.edu | somwellness@uw.edu | <https://depts.washington.edu/uwsom/faculty-development>

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News from the Office of Faculty Development is published monthly during the academic year.