

## Joy in GME: Finding Yours IN and AT Work

Thursday, March 9, 2023 ~ 1:00-2:00 p.m. Eastern

~ Please note that this is a Thursday and not Tuesday ~

Are you looking to rediscover JOY in your professional life? Research shows that joy is an emotional response and outlook vital to our well-being, cognitive functioning, and performance at work. With increasing demands on time, resources, and energy, as well as the need for improvements in designed systems of daily work, it's not surprising that GME professionals are experiencing burnout and a reduced sense of fulfillment.

By combining research from leading experts in personal well-being and professional organization, we will look at ways you can be more joyful, productive, and engaged IN your work and AT work.

### Objectives:

At the conclusion of the session, learners should be able to:

- Describe the importance of joy in a professional setting;
- Discuss recent research on well-being, resiliency, organization, and productivity;
- Identify strategies to preserve your well-being and strengthen your resiliency (joy IN work); and,
- Provide practical tips to organize your professional life (joy AT work).

### Speakers:

**Brooke Moore, MBA, C-TAGME** has 12+ years of experience in medical education, holding management and leadership positions in various academic medical centers, and is presently a Consultant at Germane Solutions. She serves as the current Chair of AHME's Council of Program Administrators and Coordinators (COPAC). Her background includes managing education programs for learners across the education continuum and leading strategy, accreditation, and process improvement initiatives.

**Stephanie Jones-Wood, MPH, CPHQ** serves as Director of System Provider Engagement and Resilience at Houston Methodist, where she oversees the management of efforts across the hospital system to address physician well-being and resiliency. She has a 14+ year history of leading quality operations, patient safety, and healthcare well-being initiatives. She is actively involved with the Coalition for Physician Well-Being.

**Moderator: Melissa Molina-Trinidad, MBA, C-TAGME** is the Senior Program Coordinator in the Department of Surgery at Columbia University Irving Medical Center. She is the Chair-Elect of AHME's Council of Program Administrators and Coordinators (COPAC).

**Register online now at [www.ahme.org](http://www.ahme.org)**

**AHME Members: Only \$75** by February 23 -- \$100 after 02/23/23

**Non-Members: Only \$100** by February 23 -- \$125 after 02/23/23

\* Session fee includes one phone line, one device for unlimited listeners.

**Cancellation Policy:** Cancellations made up to 3 business days before the webinar date are subject to a 25% service fee. Registrants who do not participate in the session, and those who do not cancel before 3 business days before the webinar date are liable for the full fee. Only written requests for cancellation will be accepted. Cancellations must be made by fax at 724-864-6153 or by email ([tricia@ahme.org](mailto:tricia@ahme.org)).

Contact AHME Headquarters with questions – 724-864-7321 or [info@ahme.org](mailto:info@ahme.org)