Learning When and How to Say ‘No’ in Academic Medicine

Presented by:

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This session will focus on when and how to say “no” to opportunities in academic medicine. Discussion of the “when” includes: setting priorities and clarifying your own goals and commitments, the alignment between them and those of the department/center/school’s goals, and some of the issues common to women in this regard. The “how” will include discussion and practice of some of the principles of “Crucial Conversations.”

At the conclusion of the session, the participant will be able to:
• Describe strategies for clarifying their own goals and priorities.
• Describe principles involved in saying “no” clearly and respectfully.

This seminar will address women faculty in their early careers specifically. All faculty, fellows, residents, students and staff are welcome.

A light lunch will be provided.

Sponsors: URMC Office for Inclusion and Culture Development and the Junior Women Research Faculty Group

To register for this workshop, please contact the Office for Inclusion and Culture Development at inclusion@urmc.rochester.edu.

ACCREDITATION
The University of Rochester School of Medicine and Dentistry is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CERTIFICATION
The University of Rochester School of Medicine and Dentistry designates this live educational activity for a maximum of 1 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.