



WOMEN IN MEDICINE

LEADERSHIP PRIMER POISED FOR SUCCESS AS A LEADER IN HEALTHCARE

Designed for women who know that they have a lot to contribute to their profession but can't seem to find solid ground to be consistently seen and heard, or don't feel adequately prepared for the next step of their career. This program will cultivate your voice, focus, and brand as you plan for an intentional influence on your career path.

This 8-month journey will kick-off at the WIMS in September. From there, you will benefit from a combination of Group Sessions, Private Coaching, Self-Paced Work, and personal Assessments. You will also be assigned a reading curriculum for the year, to further support your development. All of these elements combine to prepare you for better connections and communication with your peers, superiors, staff, and patients.



COURSE DIRECTOR

Shikha Jain MD, FACP is an innovative thought leader in the healthcare leadership space and founder and chair of the Women in Medicine Summit. She is a board-certified hematology oncology physician, the Associate

Director of Communication Strategies and Digital Innovation at the University of Illinois Cancer Center, and COO of IMPACT. Dr. Jain's mentorship and sponsorship have resulted in the advancement of numerous young women and men in medicine across the country. Dr. Jain is a nationally renowned educator, leader, speaker, and trailblazer in healthcare, and was named one of Medscapes 25 Rising Stars in Medicine in 2020.



FACULTY LEAD

Stacy Wood founder of Through the Woods Consulting, is an author, speaker, facilitator, and certified coach. Her mission is to grow women's leadership through the culture of connection and thoughtful planning. Stacy has

developed a proprietary 6-step program to engage women in the language of leadership and success, which will be the backbone of this program. She has worked closely with physicians for over 2 decades. Currently, she works with professional women to provide executive coaching, in addition to consulting for women's leadership programs in a variety of top medical and financial institutions.

TOTAL CME FOR PARTICIPANTS: 37.0

TARGET AUDIENCE

Female physicians 1-5 years post training. These practitioners will be in private practice, community hospitals, or in academic institutions.

OVERALL PROGRAM OBJECTIVES

1. Identify your personality profile traits and understand how that impacts your ability to interact and communicate with others.
2. Understand the 6 key areas of success and how they impact your ability to lead yourself and others.
3. Apply the success skill sets to develop a leadership presence that is empowered, engaging, and uplifting.

GOAL OF THE PROGRAM

Prepare women in medicine to step into leadership roles through self-awareness, mindset development, and skill building. The focus will be on developing the ability to be seen and heard in an impactful manner, creating a more empowered presence, and developing the skills for long-term wellbeing.

INVESTMENT

\$4,780 pre-paid
-or- 2 payments of \$2,500
-or- \$1,290 quarterly

OPTION: Additional PRN private coaching sessions: \$250/session

CREDIT DESIGNATION STATEMENT



The University of Illinois at Chicago designates this live activity for a maximum of 37.0 AMA PRA Category 1 Credit(s)TM. Physicians should claim only credit commensurate with the extent of their participation in the activity.



LEADERSHIP PRIMER

POISED FOR SUCCESS AS A LEADER IN HEALTHCARE

SEPTEMBER 23, 2021

GROUP SESSION #1: WIMS CONFERENCE KICK-OFF

PARTICIPANT TIME: 3 HOURS

LEARNING OBJECTIVES:

- Explain the design, foundational content, and syllabus of the program.
- Describe leadership basics, including mindset and purpose.
- Share your leadership goals, current role, and future plans with the other participants and facilitator.
- Review the group rules, expectations, and general format of the program.

OCTOBER 1-8, 2021

SELF-GUIDED ASSESSMENTS: COMMUNICATION STYLE AND EMOTIONAL INTELLIGENCE

PARTICIPANT TIME: 1 HOUR

LEARNING OBJECTIVES:

- Discover your personal Communication Style through the self-paced assessment.
- Discover your Emotional Intelligence quotient through the self-paced assessment.
- Gather results for future review with your Coach.

OCTOBER 1-31, 2021

SELF-GUIDED STUDY #1

PARTICIPANT TIME: 3 HOURS

LEARNING OBJECTIVES:

- Reflect on your personal strengths and how they relate to your ability to connect with others and self.
- Gain clarity in your goals.
- Recognize what stands in the way of your reaching your goals.

OCTOBER 13, 2021, 9am

GROUP SESSION #2: VOICE

PARTICIPANT TIME: 1.5 HOURS

LEARNING OBJECTIVES:

- Review and apply the concepts of flexible communication.
- Understand the impact of your voice, both internally and externally.
- Employ improved skills for an impactful voice.

OCT. 18 – DEC. 3, 2021

PRIVATE COACHING SESSIONS #1

PARTICIPANT TIME: 1 HOUR

LEARNING OBJECTIVES:

- Review assessment results with your Coach.
- Review results of your self-awareness exercises.
- Describe how these measures will impact your ability to lead others.
- Express changes that can be made to increase your flexibility as a leader.

NOVEMBER 17, 2021, 11:30am

GROUP SESSION #3: CONFIDENCE

PARTICIPANT TIME: 1.5 HOURS

LEARNING OBJECTIVES:

- Examine the impact of self-confidence on your ability to lead.
- Identify your personal challenges with confidence.
- Formulate specific measures to overcome "imposter syndrome."
- Infer the lessons learned from the required reading.

NOV. 18 – JAN. 1, 2022

SELF-GUIDED STUDY #2

PARTICIPANT TIME: 5 HOURS

LEARNING OBJECTIVES:

- Explore the importance of resilience when pursuing your goals.
- Prepare yourself to navigate fear, fail forward, and get back up again.

DECEMBER 8, 2021, 9am

GROUP SESSION #4: RESILIENCE

PARTICIPANT TIME: 2 HOURS

LEARNING OBJECTIVES:

- Outline the 3 components of resilience.
- Identify specific behaviors to improve your resiliency.
- Recall and apply lessons learned from the required reading into the discussion.

JAN. 4 – FEB. 11, 2022

PRIVATE COACHING SESSIONS #2

PARTICIPANT TIME: 1 HOUR

LEARNING OBJECTIVES:

- Work with your Coach to establish your personal leadership goals.
- Recognize self-imposed challenges which hold you back.
- Identify specific measures to navigate these challenges.

JANUARY 19, 2022, 11:30am

GROUP SESSION #5: FEAR

PARTICIPANT TIME: 1.5 HOURS

LEARNING OBJECTIVES:

- Quantify why fear is healthy, and how to capitalize on it for your future success.
- Compare the difference of failing flat versus tactically failing forward.
- Recall and apply lessons learned from the required reading into the discussion.

JAN. 20 – MAR. 1, 2022

SELF-GUIDED STUDY #3

PARTICIPANT TIME: 5 HOURS

LEARNING OBJECTIVES:

- Evaluate the power of how you spend your time.
- Recognize the importance of remaining focused on your key objectives and goals by saying 'no' to less-important distractions.

FEBRUARY 16, 2022, 9am

GROUP SESSION #6: FOCUS

PARTICIPANT TIME: 2 HOURS

LEARNING OBJECTIVES:

- Evaluate the need for focus.
- Identify impediments to your ability focus.
- Outline tactics to improve your focus.
- Implement micro-habits to support your focus.
- Recall and apply lessons learned from the required reading into the discussion.

MARCH 9, 2022, 11:00am

GROUP SESSION #7: BALANCE

PARTICIPANT TIME: 2 HOURS

LEARNING OBJECTIVES:

- Evaluate the need for balance.
- Understand the elements required for harmony and balance.
- Design a routine that supports your ability to create balance in life.
- Recall and apply lessons learned from the required reading into the discussion.

MAR. 10 – APR. 13, 2022

SELF-GUIDED STUDY #4

PARTICIPANT TIME: 5 HOURS

LEARNING OBJECTIVES:

- Explore qualities of successful leaders.
- Identify leadership qualities that you possess, and those that you want to develop.
- Understand what sets great leaders and marginal leaders apart.

APRIL 14, 2022, 6pm

GROUP SESSION #8: NETWORK SUPPORT AND LEADERSHIP QUALITIES; PROGRAM REVIEW, GRADUATION, AND CERTIFICATES

PARTICIPANT TIME: 2.5 HOURS

LEARNING OBJECTIVES:

- Develop a conscious networking plan.
- Review of the 6 steppingstones for leaders.
- Conclude how the steppingstones will impact your career and ability to lead others.
- Envision how your Communication Style and Emotional Intelligence Quotient will impact your leadership style and abilities.
- Examine the key attributes of a leader, and which ones you possess.
- Prepare to identify yourself as a leader.



**TO APPLY:
CLICK HERE!**