Conference Agenda

“Developing the Total You”

Friday, May 3, 2019

LARRICK STUDENT CENTER, MCV CAMPUS

11:30 Check-in and Registration Prefuction Hallway
Visit the Exhibits Court End Ballroom
- Women in Science Organization (WIS)
- Barnes and Noble @ VCU – Books will be available for purchase
- Women in Medicine Student Organization (WIMSO)

12:00 Welcome and Announcements Court End Ballroom
Kimberly Sanford, M.D., President, WISDM Faculty Organization

12:15 Lunch, Questionnaire and Discussion Court End Ballroom
The Joy of Work
Jean Bailey, Ph.D., Facilitator, Associate Dean of Faculty Development, School of Medicine
By the end of this session, participants will be able to:
- Identify the value of increasing joy in your work.
- Discuss ways to incorporate joy into the organizational culture.
- Share areas where you find joy in your work.

1:00 KEYNOTE ADDRESS Court End Ballroom
Juggling the Pieces of Me
Lakshmi Challa, Senior Counsel, LeClairRyan and Managing Attorney, Challa Law Offices, PLC
Most women find themselves juggling responsibilities at home and outside, functioning with a strained workload while attempting to control the associated stress: the physical and emotional burdens negatively impact their physical and mental health.
By the end of this session, participants will be able to:
- Experiment with ways to stop juggling multiple balls by developing a strategic plan to obtain a holistic approach to life. Make it one ball to hold.
- Discuss best practices to achieve their life objectives.
- Identify creative solutions to address the detours that may steer them off their path.

2:00 WISDM Professional Achievement Awards Court End Ballroom
Moderator: Kimberly Sanford, M.D.
- VCU School of Medicine
- VCU School of Dentistry

Special Recognition: Marsha Rappley, M.D., VCU Vice President for Health Sciences and VCU Health System Chief Executive Officer
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., M.S., RAC, Senior Associate Dean for Faculty Affairs, VCU School of Medicine
2:30  **Break with Yoga**  
*Michelle McGregor, R.D.H., B.S., M.Ed., Director, Dental Hygiene Program, School of Dentistry*

2:45  **CONCURRENT WORKSHOPS**

A.  **Managing Your Online Reputation**  
*Pamela DiSalvo Lepley, APR, Vice President for University Relations*  
 Courtney End Ballroom

In the digital world, each of us has an online reputation – one that often blurs the lines between personal and professional. This workshop addresses how to build and protect your online reputation. By the end of this session, participants will able to:

- Assess their own digital presence
- Contrast the power and pitfalls of social media
- Identify effective online communications (especially email)

B.  **Film and TV Portrayals of Leadership -- What Can We Learn?**  
*Betsy Ripley, M.D., RAC, Senior Associate Dean for Faculty Affairs*  
 Churchill Boardroom

As a result of using video clips, participants will be able to:

- Explore key leadership attributes portrayed in film and TV.
- Analyze leaders to determine both good and bad leadership styles and skills.
- Recognize and relate to challenges and resources for leadership transitions particularly for new leaders.

C.  **Bringing Your Authentic Self to the Leadership Table**  
*Margaret Rittenhouse, LCSW, Clinical Director of HelpLink EAP*  
 Jackson Ward B

By the end of this session, participants will be able to:

- Define their authentic self
- Identify unique ways of leading
- Recognize potential pitfalls and solutions on their journey ahead

D.  **Medicine and Philanthropy: Bringing Together Healing and People Who Care**  
*Tom Maness, M.P.A., Associate Vice President for Development, Health Sciences*  
 Jackson Ward A

By the end of this session, participants will be able to:

- Identify how philanthropy impacts research, education and clinical care and why people want to give.
- Discuss the ethics of medicine and philanthropy.
- Identify the appropriate role of the provider or researcher in the philanthropic relationship.
- Interpret when a patient or community member signals they are interested in giving – it happens more often than you think.
- Effectively express their story: key understandings in how to tell the story of your research, program or cause to a potential philanthropist.

3:45  **Break with Yoga**  
*Michelle McGregor, R.D.H., B.S., M.Ed., Director, Dental Hygiene Program, School of Dentistry*
We are all well aware that leadership is a journey with successes and failures, high point and low points. Finding our way can sometimes be challenging as the distance between who we are and who we strive to be as leaders create gaps in the road. Leadership authors Bob Anderson and Bill Adams (Mastering Leadership, 2016; Scaling Leadership, 2019) underscores this gap in describing the dynamic tension between pursuing leadership purpose vs. leadership safety and how that can influence our ability to succeed in an increasingly complex “VUCA” world. Additionally, building on the work of Stewart Friedman (Total Leadership, 2008), balancing the tensions between all areas of our lives – Work, Home, Community and Self – are also key to our ability to succeed as better leaders. In this experiential session we will focus on the dynamic tensions of becoming a better leader – by identifying what your gaps are, what some best practices are for mitigating them, and how you can design small experiments to create your own path to better leadership.

By the end of this session, participants will be able to:

- Illustrate an increased understanding of the role of dynamic tension and how it contributes to our growth as leaders
- Connect with an increased self-awareness of where these tensions/gaps exist in your total leadership journey
- Identify potential best-practice strategies for closing the leadership gaps you are experiencing
- State at least one priority next step for building your leadership capability going forward