



Shelly Rodrigues Chief Resident Leadership Workshop: Part 1

Saturday, June 11, 2022, 8:00 - 11:30 AM

Join: [Zoom Meeting Link](#) or 669-900-6833

Meeting ID: 898 0375 6559; Passcode: 965912

The California Academy of Family Physicians Foundation proudly presents the **Shelly Rodrigues Chief Resident Leadership Workshop (CRW)**. This is a skills-based workshop for family medicine residents transitioning into their new roles as clinical leaders. Sessions are designed to be interactive and will offer incoming chiefs a learning environment for developing interpersonal communication, improving group dynamics and advancing the educational mission of their programs. *This workshop is dedicated to former CAFP-F Executive Director, Shelly B. Rodrigues, in honor of her commitment to family medicine leadership and education.*

This workshop is divided into two-parts:

- Part 1 (Virtual, Recorded): Saturday, June 11, 2022, from 8:00 a.m. - 11:30 a.m.
- Part 2 (In-person, Not Recorded): Saturday, August 27, 2022 (coinciding with the Family Medicine Summit at the Renaissance LAX).

Note: Upon completion of the June 11 virtual session, residents will receive a promo code to sign-up for part 2 of the workshop, which takes place at the Summit on 8/27 ([there will not be a separate/additional registration fee to attend the Summit](#)).

Schedule and Session Descriptions:

Time	Activity
8:00 a.m.	Zoom Meeting Opens
8:10 - 8:30 a.m.	Welcome: Developing Family Physician Leaders in CA - Ronald Labuguen, MD
8:30 - 9:00 a.m.	Introducing the 5 Practices of Leadership: Setting the Stage for Your Chief Year - Shelly Rodrigues, CAE, FAAMSE
9:00 - 9:30 a.m.	Transiting into Your New Role as Chief Resident: The Annual Cycle - Serena Liu, MD
9:30 - 9:40 a.m.	Break
9:40 - 10:15 a.m.	Managing Up and Across: What Every Chief Resident Should Know - Sarah McNeil, MD
10:15 - 10:45 a.m.	Recognizing Burnout and How to Mitigate It as a Chief Resident - Walt Mills, MD
10:45 - 11:15 a.m.	Sharing Our Experiences: A Panel Discussion with Current Chiefs - Moderator: Elizabeth Sophy, MD - Panelist: Serena Liu, MD - Panelist: Wilmer Garcia Ricardo, MD
11:30 a.m.	Close

Introducing the 5 Practices of Leadership: Setting the Stage for Your Chief Year

Session Description: We'll begin with a discussion of "the leader you know," and outline the five practices of leadership as developed in the Kouzes and Posner Leadership Challenge.

Learning Objectives:

1. Define the five K&P leadership practices reflecting on leaders you know to guide the discussion.
 2. Identify at least two leadership practices to target in the year's work as chief resident.
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Transiting into Your New Role as Chief Resident: The Annual Cycle

Transitioning to chiefdom can be daunting due to the number of new responsibilities, the pressure of representing peer interest, the difficulty of navigating conflict resolution, and the increased clinical workload as a senior resident. This session will introduce and provide tips for navigating the many hats worn by chief residents throughout their position.

Learning Objectives:

1. Define the roles and responsibilities of the chief resident.
 2. Identify strategies to balance the new role of being a peer leader.
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Managing Up and Across: What Every Chief Resident Should Know

As a chief resident, you are stepping into a leadership position - in this role, you will need to manage up and across. This starts with understanding who those people are, then anticipating when conflicts might arise, and finally offering solutions to the people that you lead with. We will review a handful of real cases, so you can practice in your leadership roles.

Learning Objectives:

1. Explain the organizational chart of their residency/hospital to their residents.
 2. Anticipate at least two scenarios when they will have to manage a Program Director or co-Chief Residents.
 3. Brainstorm creative solutions that meet the needs of multiple stakeholders.
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Recognizing Burnout and How to Mitigate It as a Chief Resident

Maintaining well-being and joy in your work as chief residents is crucial to success during your year. We will review evidence-based models for maintaining one's resilience, as well as how to engage skillfully in leadership and systems to ensure those you lead benefit from your efforts as chief.

Learning Objectives:

1. Know how to use the [AAFP Well-being Index](#) to promote your own well-being, as well as the well-being of those you lead.
 2. Describe how using the Leadership Challenge Practices provide chiefs with knowledge, skills and attitudes to improve well-being and health equity.
 3. Develop at least one new practice you will employ to support your well-being during your chief year and beyond.
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Sharing Our Experiences: A Panel Discussion with Current Chiefs

This interactive panel discussion will promote the sharing of experiences, ideas and recommendations from current and past chief residents. Questions are welcome!