

# Being a Resilient Leader

The AAMC has designed a dynamic workshop to help medical staff and faculty meet the challenges of modern academic medicine that are causing a rise in anxiety, stress, and burnout.

This **interactive two-day program** will cover what it is to be a resilient leader and how to exercise leadership to achieve desired results, sustained impact, and long-term professional engagement and personal satisfaction.

---

## Sample Topics

- Framework for effective leadership
- Empathic listening
- Articulating a commitment to the future
- Technical problems vs. leadership challenges
- Emotional Intelligence
- Overcoming unproductive behaviors
- Reframing leadership challenges
- Self-awareness
- Adopting productive leadership behaviors

---

## Learning Objectives

At the completion of the sessions, you will be able to:

- Assess your current ways of being and acting and how they are impacting your effectiveness and results as a leader
- Apply the four pillars of being a leader and the structural framework for exercising effective leadership in day-to-day activities and interactions
- Apply the Leadership Effectiveness Model and related tools to tackle your leadership challenges
- Use emotional intelligence concepts to increase your resilience, optimism, and problem-solving ability in times of stress and change
- Articulate your commitment to the future and a practical plan for putting it into action

## Audience

- This workshop is designed for medical school faculty (research, teaching, administrative, and clinical) within the first 15 years of post-training. Staff (non-faculty) currently in a leadership role will also benefit from the workshop.

### Comments from past participants:

- “ A wonderful framework. I already started practicing and working with it. ”
- “ I came to this workshop with significant leadership (including leadership instruction) experience, so was skeptical about what I might gain. The opportunity to listen to and speak with other emerging medical education leaders was the best part for me. I got to hear both strengths and vulnerabilities my peers have when approaching leadership challenges. ”
- “ The highlight was the very organized approach to presenting a new way of looking at leadership, which focused on the inward journey rather than the acquisition of new knowledge. I liked how we combined theory with small- and large-group activity. ”
- 

### Faculty Biographies

Wiley “Chip” Souba, MD, ScD, MBA, is Professor of Surgery at the Geisel School of Medicine at Dartmouth and has served as Dean of Medicine and Vice President for Health Affairs at Dartmouth and Ohio State University. He is recognized widely for his innovative approaches in developing leaders and teaching leadership. Dr. Souba also served as Chairman of the Department of Surgery at Penn State, Chief of Surgical Oncology at the Massachusetts General Hospital, and Professor of Surgery at the University of Florida. He has regularly been ranked as one of “The Best Doctors in America” by his peers and has been recognized for his clinical expertise by *Boston Magazine*. He was funded by the National Institutes of Health for 20 years to study amino acid metabolism in catabolic diseases. He has published 320 articles in peer-reviewed journals, has served as Editorial Chair of *American College of Surgeons Surgery*, and is Co-editor of the *Journal of Surgical Research*.

Christina Tushman, MA, is the Director of Leadership Development for the Association of American Medical Colleges, where she is responsible for creating impactful learning experiences for leaders in academic medicine. For the past 20 years, Ms. Tushman has led organizations in the design and development of outcome-oriented learning and performance-based solutions that have achieved measurable results and impact, including a leadership curriculum for a Fortune 50 company that successfully increased employee engagement and retention. Her work in effective learning design was recently recognized by the Association for Talent Development’s Excellence in Practice Award and featured in *TD Magazine*. Ms. Tushman has a master’s degree in communication from the University of Wisconsin.