Opportunities for Growth and Change

Accepting and Using Setbacks as Professional Resilience:

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Resilience
Survival
Thriving
You have to tell your story - you drive the narrative!

Branch out from single-study mentality and explore new areas of interest and that may be different from traditional avenues. Professional society service has impact. Institutional service has impact. Impact and contributions are important. Ambiguities persist in what contributes to promotion to full professor.
Why did I get into my work in the first place?

• Intrinsic meaning?
• External reward(s) (income, status)

What is the real purpose of my work?
Don’t focus on constraints

Focus on the things that you value most

Focus on those things you can modify

Reflect on what energizes you

Think big!
But in Having New Eyes

Not Only Seeking New Landscapes

The Road to New Possibilities is
Share your goals and what you need to get there

Follow through on opportunities and support that move you closer to your goals and visions

Talk about leadership roles you are interested in taking on as part of moving closer to your goals
Its Time to Be True to You!
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