



RLI Power Hour

Lessons I've Learned: Building a Strong Career in Radiology and Leadership in Radiology

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Outline

- 3 pearls:
- Importance of networking
- Building the ideal job/leadership positions
- Emotional intelligence



Lesson 1-Network!

- Critical in learning leadership skills/career development
- Exchange of information/develop professional contacts-visibility.
- Teaching opportunities-AIRP, ACR
- ACR committee work-Rutherford-Lavanty fellowship to the BOC



How to build a network/leadership roles

Some tips:

- Lead conferences (interdisciplinary)
- Volunteer for positions in your group
- Hospital boards/committees
- ACR leadership positions
- ACR annual meeting (business card)



Lesson 2- Utilizing resources for dream career

- What are your career goals?
- What resources are available to you?

- **“Many times, people don’t take the time to say what’s not working. What can I change to make it more aligned with my priorities? You have the power to try to do that, to give yourself a more satisfying career.”**

ACR Bulletin

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Dread going to work? Improve your daily life — and well-being — by working with your leaders to create the job you want.

How to build the ideal job/leadership roles

- How I built a hybrid academic/community practice.
- Resources available to me:
- Academic facility down the street- Radiology resident/medical student rotations, lecture at those facilities, served on the IRB.
- My facility-large TBI population-research, conferences, became the TBI expert.



How to build the ideal job/leadership roles

- List of what you want to be doing
- List of leadership roles you want to do
- What resources are available to you at your facility? Locally? Nationally?
- Talk to your leadership for opportunities you may not know of



Lesson 3-Strong interpersonal skills for success

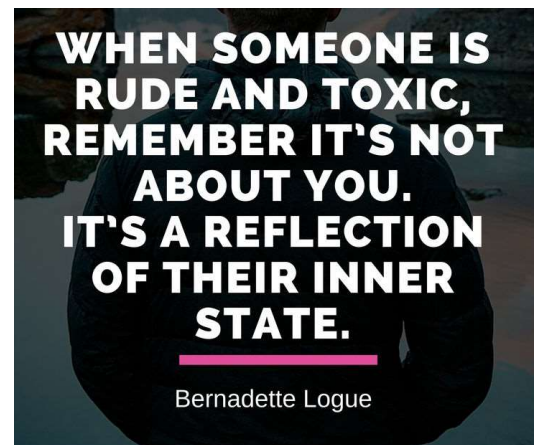
- Challenging personalities everywhere
- Essential to be able to work with various types of personalities.

- Competitive neuroradiologist story
- What could I have done differently?- understand their situation-why do they feel that way? Build comradery/team environment-review cases together.



Interpersonal skill tips

- Understand people around you better
- What are their needs? Are they having own issues with job, personal life?
- How can you work with them for a positive environment?



Emotional intelligence

- Critical for success in the workplace/effective leader
- "Emotional Intelligence - Why It Can Matter More Than IQ" 1995, **Daniel Goleman**
- SA-Understand your emotions
- SR-control your own emotions
- E-Understand others emotions
- M-Long term goal
- SS-communication



Thank you!

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