

WFSOM

Women Faculty of the School of Medicine
Case Western Reserve University

Our mission: Professional Development, Advocacy, Networking

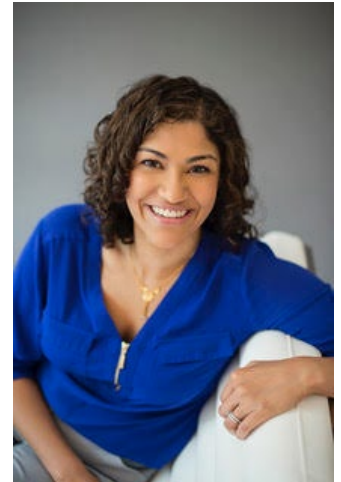
presents

WFSOM Women's Wellness Event “Dealing with Uncertainty”

Online via Zoom

Thursday March 26, 5 – 6:30pm

In this trying time of societal and professional isolation and changes, we will be hosting a series of online discussions, networking and guided workshops to help faculty adapt, connect and decompress. This first session will be hosted by **Dr. Ashwini Nayak**, a certified life coach and primary care physician who will be talking about and coaching on the topic of how to deal with uncertainty. Why is this conversation so important? Uncertainty has the potential to be paralyzing and it can create fear. Uncertainty may generate behaviors that are counterproductive to the immediate and long-term goals of physicians, as well as those of our health systems and communities. However, there are various strategies that can be used to help manage and overcome uncertainty. Using these strategies, we are able to think more clearly, understand cognitive traps, overcome emotional barriers to taking action, and act more decisively to take quick and necessary action. Dealing with the emotion of uncertainty can help us create the self-confidence needed to show up more effectively as professionals, in our relationships, and for ourselves. Let's start thinking more creatively and showing up even more powerfully in order to come out stronger on the other side.



Please R.S.V.P. to WFSOM@case.edu

Join from PC, Mac, Linux, iOS or Android: <https://cwru.zoom.us/j/396224970>
OR by phone 877 853 5247 (US Toll-Free) Meeting ID: 396 224 970
Or Skype for Business (Lync): SIP:396224970@lync.zoom.us.