



EARLY CAREER FORUM

WEDNESDAY, JUNE 14, 2023

CHICAGO, IL

SPONSORED BY THE ENDOCRINE SOCIETY

SCHEDULE AT A GLANCE

Welcome to the 2023 Early Career Forum and ENDO 2023, the Endocrine Society's Annual Meeting! Here is a snapshot of essential information you'll need to know to get the most out of this extraordinary workshop and meeting. Use the guide below as a quick reference for sessions and activities that will help launch your career and enhance your endocrine knowledge.

SCHEDULE AT A GLANCE

WEDNESDAY, JUNE 14, 2023 CHICAGO, IL

TIME	SESSION
7:30–8:00 AM CT	Registration and Breakfast Hyatt Regency, Ballroom A Visit registration and join us for breakfast before sessions begin!
8:00–8:15 AM CT	Welcome and Overview Hyatt Regency, Ballroom A This session will include a brief introduction and orientation to Early Career Forum programming. Speaker: Ursula Kaiser, MD
8:15–8:45 AM CT	ENDO A to Z: How to Get the Most Learning Possible from Attending the Annual Meeting Hyatt Regency, Ballroom A This session will include clinicians, clinical scientists, and basic scientists. It highlights the aspects of ENDO 2023 that trainees can take advantage of during the meeting. After this session, attendees should be able to: <ul style="list-style-type: none">• Identify elements of ENDO 2023 specific to trainees• Navigate the ENDO 2023 meeting with ease.<ul style="list-style-type: none">◦ Understand the organization breakdown of the meeting into basic science, clinical, and translational talks.◦ Understand the value of late breaking research (oral sessions and poster sessions)◦ Use recommended resources to find topics of interest (i.e., ENDO website and phone apps)• Understand the goals and format of the Meet the Professor sessions with an emphasis on networking opportunities.• Navigate the Poster Sessions with ease and use recommendations to get the most from speaking with presenters for research collaborations and networking opportunities.• Point out the Professional Development Workshops which go in depth on a few topics touched upon during trainee day. Speaker: Gary Hammer, MD, PhD Moderator: Matthew Sikora, PhD
8:45–9:25 AM CT	Secrets to Success: Stories of a Personal Career Journey These breakout sessions present an inspiring description of the speaker's journey to their career success. The speakers will provide interesting and motivational experiences encountered during the progression of their careers, along with helpful advice in balancing one's career and personal life.
(Choose One)	► How Did I Get Here? A Clinical Journey Hyatt Regency, Ballroom C This session presents an inspiring description of the speaker's journey to their current success in the clinical field. The speaker will provide interesting and motivational experiences encountered during the progression of their clinical career, along with helpful advice in balancing one's career and personal life. After this session, attendees should be able to: <ul style="list-style-type: none">• Describe various possible career pathways in clinical endocrinology.• Recognize opportunities for career advancement and career shifts.• Apply resources provided by the speaker to advance their careers. Speaker: David Lieb, MD Moderator: Diane Donegan, MB BCh BAO, MRCP

► **How Did I Get Here? A Research Journey**

Hyatt Regency, Ballroom D

This introduction presents an inspiring description of the speaker's journey to his/her current research success. The speaker will provide interesting and motivational experiences encountered during the progression of his/her research career, along with helpful advice in balancing one's career and personal life. After this session, attendees should be able to:

- Describe various possible research career pathways.
- Recognize opportunities for research career advancement and career shifts.
- Apply resources provided by the speaker to advance their careers.

Speaker: Carol Lange, PhD

Moderator: Matthew Sikora, PhD

9:30–10:15 AM CT

Master the Art of the Search: Practical Tips and Tools for Job Searching

This session will provide an overview of the key components to successfully secure your first position with emphasis on a structured job search, creating a competitive CV and obtaining necessary interviewing skills.

(Choose One)

► **CV and Job Search for Clinical Practice Jobs**

Hyatt Regency, Ballroom C

This session will provide an overview of the key components to a successful job career path with emphasis on structured job search, creating a competitive CV, and obtaining necessary interviewing skills. After this session, attendees should be able to:

- Understand the components of a good CV, i.e., what to put in and what to leave out of a CV, and how to emphasize the right areas for a given position.
- Be aware of how to develop an individualized learning plan, appraisal, and revalidation processes.
- Have knowledge of when and how to begin a job search in clinical academic or private practice.
- Have knowledge about how to “promote” yourself.

Speakers: J. Carl Pallais, MD, MPH, and Milay Luis Lam, MD

Moderator: Katie Guttenberg, MD

► **Job Application Package for Research Jobs (US and International)**

Hyatt Regency, Ballroom D

This session will provide an overview of the key components to a successful job career path with emphasis on structured job search, creating a competitive CV, and obtaining necessary interviewing skills. This session will provide a panel of speakers to discuss CV and job search tips for basic/clinical/translational research jobs. After this session, attendees should be able to:

- Prepare and organize an effective CV by understanding what makes a CV competitive for scientists in the U.S. and internationally.
- Understand different type of CVs (i.e., Biosketch, Resume, CV)
- Have knowledge of when and how to begin a job search in academic and non-academic research settings.
- Have knowledge about how to “promote” yourself.

Speakers: Dequina Nicholas, PhD, and Ruth Keri, PhD

Moderator: Erik Russell Nelson, BSc, PhD

10:20–10:55 AM CT

Interviewing Skills

(Choose One)

► **Interviewing Skills for Clinical Practice Jobs**

Hyatt Regency, Ballroom C

This session will provide a panel of speakers to discuss interviewing skills in clinical practice jobs. After this session, attendees should be able to:

- Define expectations of the interview day and provide advice for potential employees.
- Define key elements of job interview to include research before the interview, goals and conduct during the interview, and follow up.
- Observe practice sessions of interview Q&A

Speakers: David Lieb, MD, and Maria Yialamas, MD

Moderator: Diane Donegan, MB BCh BAO, MRCP

SCHEDULE AT A GLANCE CONTINUED

► Interview Skills and Chalk Talk Tips for Basic/Clinical/Translational Research Jobs

Hyatt Regency, Ballroom D

This session will provide a panel of speakers to discuss interviewing skills and chalk talks tips for basic/clinical/translational research jobs. After this session, attendees should be able to:

- Recognize the importance in preparing a job seminar presentation in advance (i.e., practicing presentation skills, preparing slides, reviewing data, and preparing for questions).
- Have a clear understanding of a job seminar structure, tone, and duration and how it may differ for academia, industry, and government.
- Know what to ask during the interview.
- Outline key components potential employees need to get a job:
 - Define the composition of the employer search committee, what they are looking for, and what they are not looking for in academia, industry, and/or government job types.
 - Define expectations of the interview day and provide advice for potential employees.
 - Explain details of the job offer.

Speaker: Lindsey Treviño, PhD, and Lauren Fishbein, MD, PhD

Moderator: Erik Russell Nelson, BSc, PhD

11:10 AM–12:00 PM CT **Know Your Career Options: Clinical and Research**

These breakout sessions will feature speaker panels to discuss various career pathways for clinical endocrinologists and researchers.

(Choose One)

► Clinical Career Options: Clinician Educators and Multi-Disciplinary Practice or Private Practice

Hyatt Regency, Ballroom C

This session will feature a panel of speakers to address academic, clinical educator, and private clinical practice career paths. After this session, attendees should be able to:

- Understand the differences between careers in private practice, hospitalists, and clinical academic medicine.
- Describe the benefits and downsides of different clinical practice options.
- Describe factors to consider when choosing a practice (i.e., location, salary, employment contract, social/financial lifestyle, level of work effort, etc.).
- Describe factors to consider when starting a practice (i.e., practice development plan, financial management and profitability, human resources, etc.).

Speakers: Katie Guttenberg, MD; Alicia Diaz-Thomas, MD, MPH; Yanira Pagán-Carlo, MD; and Maria Yialamas, MD

Moderator: Katie Guttenberg, MD

► Research Career Options: Clinical-Basic-Translational Academic Positions and Industry, Nonprofit, and Science Writing

Hyatt Regency, Ballroom D

This session will include a panel of speakers to address academic clinical, translational, and basic research, and nonacademic (including nonprofit and science writing) career paths. After this session, attendees should be able to:

- Define different academic and nonacademic tracks and understand the various pathways for clinical/translational/basic investigation.
- Understand metrics for career advancement (research, publications, teaching, etc.).
- Identify ways to enter each pathway. Examples include master's programs during fellowship for clinical research, translational research, clinical epidemiology, etc.
- Compare and contrast scientific positions in academia, industry, and government (i.e., pay scale; advancement; intellectual freedom; resource availability—money, equipment, personnel; ability to mentor; work schedule; performance expectations; etc.).
- Obtain additional resources (i.e., website, professional contact information) to further investigate these career options.

Speakers: Kristy Brown, PhD; Lauren Fishbein, MD, PhD; Stanley Andrisse, PhD, MBA; and Stacey Tobin, PhD
Moderator: Dequina Nicholas, PhD

12:00–12:15 PM CT	<p>Group Photo Please gather outside the main room at 12:00 PM for a quick group photo.</p>
12:00–1:45 PM CT	<p>Lunch Hyatt Regency, Ballroom A</p>
1:00–1:45 PM CT (Choose One)	<p>Breakouts (Optional)</p> <ul style="list-style-type: none"> <p>▶ Practical Advice for Foreign Medical Graduates and Scientists Coming or Staying in the United States: Navigating the US Visa System Hyatt Regency, Ballroom C</p> <p>This session will provide a panel of speakers to discuss the obstacles and potential solutions for planning career advancement in the U.S. as a foreign clinician/scientist in a Q&A format. After this session, attendees should be able to:</p> <ul style="list-style-type: none"> • Navigate the visa status. • Understand the importance of timeline planning. • Geographical limitation related to visa status. • Understand the role of flexibility and travel options outside the comfort zone for the dream job. <p>Speakers: Silvania da Silva Teixeira, PhD, and Christie Turin More, MD Moderator: Dequina Nicholas, PhD</p> <p>▶ Scientific Careers with the US Government Hyatt Regency, Ballroom D</p> <p>This session will include a panel of speakers to address US government career paths. After this session, attendees should be able to:</p> <ul style="list-style-type: none"> • Define different government tracks and understand the various pathways for seeking scientific careers at the federal level. • Understand metrics for career advancement. • Identify ways to enter each pathway. Examples include internships and government fellowships (AAAS) • Compare and contrast scientific positions in academia, industry, and government (i.e., pay scale; advancement; intellectual freedom; resource availability—money, equipment, personnel; ability to mentor; work schedule; performance expectations; etc.). • Obtain additional resources (i.e., website, professional contact information) to further investigate these career options. <p>Speakers: Latha Malalyandi, PhD, and Olivia Molinar-Inglis, PhD Moderator: Matthew Sikora, PhD</p>
1:50–4:00 PM CT	<p>Communications and Creating Your Personal Brand Hyatt Regency, Ballroom A</p> <p>This session will provide guidance on communications skills relevant to setting up a personal brand. After this session, attendees should be able to:</p> <ul style="list-style-type: none"> • Use their narrative to set up a personal brand. • Develop communications skills required to translate their personal brand to interview for jobs, meet with potential mentors, and establish professional relationships. <p>Speaker: Anne Libby, PhD Moderators: Katie Guttenberg, MD; Dequina Nicholas, PhD; and Matthew Sikora, PhD</p>



4:10–5:00 PM CT

Get Your Groove Back! Resiliency and Wellness—Tips to Achieving Life Balance and Personal Resilience
Hyatt Regency, Ballroom A

This session will include clinicians, clinical scientists, and basic scientists. This session will include a panel of speakers who will focus on the resilience building skills with a goal to enhance the ability to bounce back from adversity to achieve life balance. After this session, attendees should be able to:

- Understand that there are learnable set of behaviors that contribute to resilience.
- Understand the techniques to build resilience such as practicing positive thoughts, taking stress breaks, supporting others, and getting out of your comfort zone.
- Define your personal and work goals and understand some of the techniques towards achieving life balance.

Speakers: Joy Wu, MD, PhD; Shanna Newton Lavalle, PhD; and Mark Lawson, PhD

Moderator: Dequina Nicholas, PhD

5:00–5:30 PM CT

Certificate Pickup and Travel Award Check-in
Hyatt Regency, Ballroom A

Complete your evaluation and turn it in to pick up your certificate. This is required for those who won travel grants, to receive your bank deposit after ENDO.

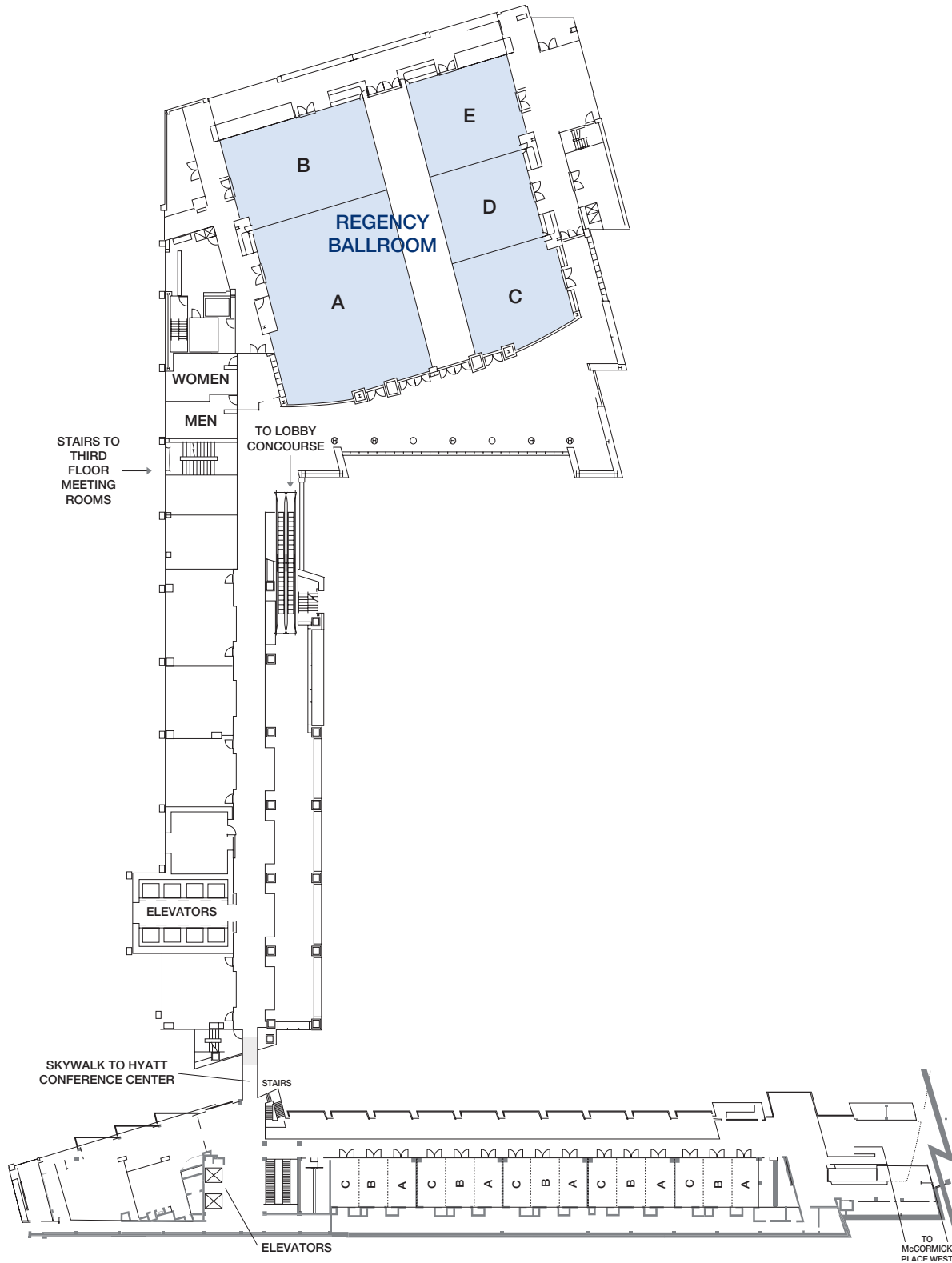
5:00–8:00 PM CT

Unwind After 5: Special Interest Group and Early Career Networking Reception
Hyatt Regency, Grant Park

Early Career Forum participants are invited to the SIG Networking Reception.

FLOOR PLAN

HYATT REGENCY McCORMICK PLACE SECOND FLOOR, REGENCY BALLROOM



ENDO 2023

DISCOVER YOUR NEXT OPPORTUNITY

ENDO 2023 CAREER FAIR

FIND HUNDREDS OF ENDOCRINE-RELATED JOBS

FRIDAY, JUNE 16

2:00-4:00 PM CT CHICAGO, IL



Join our Career Fair on Friday, June 16, from 2:00-4:00 PM CT, at the ENDO Professional Resource Center. This event is exclusive for ENDO registrants, and it's designed to bring together job-seeking endocrine professionals with recruiters from private and group practices, hospitals, and health systems to discuss career opportunities. Pre-registration is not required, though strongly encouraged.

LEARN MORE AND REGISTER AT
[ENDOCRINE.ORG/ENDOCAREERS](https://www.endocrine.org/ENDOCAREERS)

NETWORKING ROTATING LUNCH

Join us for great food and an opportunity to grow your network, learn from others, and connect with our faculty community!

You will be asked to rotate tables at least every 30 minutes to meet new people. Please note table assignments may change based on faculty availability. We also offer 2 optional breakout sessions starting at 1:00 PM CT where you will continue to meet our faculty members with international and federal government experience.

TABLE

- 1 Carol Lange, PhD**, University of Minnesota, is a Basic Researcher and Educator. Interested topics include steroid hormones and receptors, signaling, and endocrine cancer and neoplasia.
- 2 Mark Lawson, PhD**, University of California-San Diego, is a basic researcher and educator. Interested topics include neuroendocrinology, signaling, and female reproduction.
- 3 Ruth Ann Keri, PhD**, Cleveland Clinic, is a basic researcher and educator. Interested topics include endocrine cancer and neoplasia and signaling.
- 4 Kristy Brown, PhD**, Weill Cornell Medicine, is a basic researcher and educator. Interested topics include endocrine cancer and neoplasia, adipose tissue, appetite, and obesity, and steroid hormones and receptors.
- 5 Anne Libby, PhD**, University of Colorado School of Medicine, is a basic researcher and educator. Interested topics include health services research, and health disparities and equity.
- 6 Lindsey Treviño, PhD**, City of Hope National Medical Center, is a basic researcher and educator. Interested topics include endocrine disruption, steroid hormones and receptors, and health disparities and equity.
- 7 Stanley Andrisse, MBA, PhD**, Howard University College of Medicine, is a basic researcher and educator. Interested topics include diabetes mellitus and glucose metabolism, steroid hormones and receptors, and health disparities and equity.
- 8 Shanna Newton Lavalle, PhD**, Salk Institute Biological Studies, is a basic researcher and educator. Interested topics include diabetes mellitus and glucose metabolism, and endocrine genetics.
- 9 Dequina Nicholas, PhD**, University of California Irvine, is a basic researcher and educator who conducts research. Interested topics include female reproduction, diabetes mellitus and glucose metabolism, and lipids.
- 9 Matthew Sikora, PhD**, University of Colorado Anschutz Medical Campus, is a basic researcher and educator who conducts research. Interested topics include steroid hormones and receptors, and endocrine cancer and neoplasia.
- 10 Stacey Tobin, PhD**, The Tobin Touch, Inc., is in consulting and is experienced in scientific and medical communications. Interested topics include cellular biology and physiology.
- 11 Erik Nelson, BSc, PhD**, University of Illinois at Urbana-Champaign, is a basic researcher and educator. Interested topics include endocrine cancer and neoplasia, steroid hormones and receptors, and lipids.
- 12 Gary Hammer, MD, PhD**, University of Michigan, is a professor and educator who treats patients and conducts research. Interested topics include adrenal.
- 13 Maria Yialamas, MD**, Brigham and Women's Hospital, is a clinical doctor and program director who treats patients. Interested topics include female reproduction, male reproductive health, and general endocrine practice.
- 14 David Lieb, MD**, Eastern Virginia Medical School, is a professor and researcher who treats patients and conducts research. Interested topics include general endocrine practice, endocrine cancer and neoplasia, and transgender medicine.
- 15 Diane Donegan, MB BCh BAO, MRCPI**, Indiana University, is a clinical practitioner and clinical researcher who treats patients and conducts research. Interested topics include neuroendocrinology.
- 16 Katja Kiseljak-Vassiliades, DO**, University of Colorado Denver, is a clinical researcher and basic researcher who treats patients and conducts research. Interested topics include adrenal, neuroendocrinology, and endocrine cancer and neoplasia.
- 17 J. Carl Pallais, MD, MPH**, Brigham and Women's Hospital, is an educator and clinical researcher who treats patients and conducts research. Interested topics include bone and mineral metabolism, and endocrine genetics.
- 18 Lauren Fishbein, MD, PhD**, University of Colorado School of Medicine, is a clinical researcher and clinical practitioner who treats patients and conducts research. Interested topics include endocrine cancer and neoplasia, endocrine genetics, and adrenal.
- 19 Milay Luis Lam, MD**, Meritus Medical Center, is a clinical practitioner and clinical researcher who treats patients. Interested topics include diabetes mellitus and obesity.
- 20 Katie Guttenberg, MD**, McGovern Medical School, The University of Texas Health Science Center at Houston, is a clinical practitioner and educator who treats patients. Interested topics include neuroendocrinology and general endocrine practice.
- 21 Olivia Molinar-Inglis, PhD**, National Institutes of Health (NIH), is a policy fellow who conducts research. Interested topics include protecting the public from the effects of radiation exposure. Lunch breakout speaker.
- 21 Latha Malaiyandi, PhD**, National Institutes of Health, is a basic researcher and educator. Interested topics include neuroendocrinology. Lunch breakout speaker.
- 22 Christie Gloria Turin More, MD**, University of Colorado, is a clinical practitioner and educator who treats patients. Interested topics include the general endocrine practice. Lunch breakout speaker.
- 22 Sylvania da Silva Teixeira, PhD**, University of Colorado, is a basic researcher and who conducts research. Interested topics include thyroid, diabetes mellitus and glucose metabolism, and cardiovascular endocrinology.

MEET THE FACULTY



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PROGRAM CHAIR
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MEET THE FACULTY CONTINUED



Yanira Pagan-Carlos, MD
ENDOCARE PR/ INTEGRATED
PATHOLOGY LABS
SAN JUAN, PR, USA



Latha Malaiyandi, PhD
NATIONAL INSTITUTES OF HEALTH
BETHESDA, MD, USA



Olivia Molinar-Inglis
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ENDO SESSIONS OF INTEREST TO EARLY AND MID-CAREER PROFESSIONALS

THURSDAY, JUNE 15, 2023

10:00–11:30 AM CT

PDW001: THE BUSINESS OF STARTING AND RUNNING A LAB: STRATEGIES TO RUNNING A SUCCESSFUL LAB

W-184D

This session will cover important tips on 1) hiring and personnel management, 2) successful budgeting, 3) projects and resource management, 4) negotiating for what you need, and 5) time management (research, teaching, committees, etc.) with time for peer mentoring and discussion with successful scientists.

SP001: HOW TO ADVOCATE FOR YOUR SCIENCE: TOOLS YOU CAN USE TO TEACH POLICYMAKERS THAT RESEARCH IS IMPORTANT

W-179B

The purpose of this session is to walk attendees through why we engage in advocacy, how they can tell their story effectively to influence policy, where they can find opportunities to take action, and to share Endocrine Society advocacy resources.

1:30–3:00 PM CT

PDW002: FUNDING YOUR RESEARCH GRANTWRITING WORKSHOP

W-184D

This session will provide tools on how to write a funding proposal that clearly communicates key areas of your research. Attendees will learn what reviewers look for in a strong grant application and how to navigate potential obstacles. Attendees will receive individual feedback on your one-page research proposal.

3:15–4:15 PM CT RISING STAR POWER TALKS – ENDO 2023

W-184D

This lively competition provides a great opportunity for early-stage researchers to present their latest science to the broader community...in 3 minutes or less! It also exposes established investigators to the

creativity and cutting-edge approaches these rising stars are using. Ten trainees will be given three minutes to present their research and why it is significant, followed by short Q & A session. Two winners will be selected, an “Audience Favorite” and a “Judge’s Favorite,” to win complimentary registration to ENDO 2024. This rapid round science communication competition highlights the top scored abstracts from the 2023 Outstanding Abstract Award winners and is hosted by the Trainee and Career Development Core Committee (TCDDC).

Defective FGFR1 Signaling Disrupts Glucose Regulation in Humans: Evidence From Patients with Isolated Hypogonadotropic Hypogonadism Harboring FGFR1 Mutations

Validation and Optimization of TSH and FT4 Reference Interval Definitions During Pregnancy

Novel Provocation Test with MDMA (‘ecstasy’) Reveals Oxytocin Deficiency as a New Pituitary Entity in Patients with Central Diabetes Insipidus - A Randomized Placebo-controlled Trial

Blocking the Maladaptive Integrated Stress Response Increases Immunosuppressive PD-L1 in Pancreatic β -cells

Regulation of the Insulin Receptor and the Insulin-like Growth Factor 1 Receptor by miR-322-5p, a miR-16 Family Member, in Hypothalamic Neuronal Models

Interleukin 21 Drives the Development of Autoimmune Diabetes Mellitus During Immune Checkpoint Inhibitor Cancer Therapy

Outcomes of Radiofrequency Ablation for Autonomously Functioning Thyroid Adenoma - Mayo Clinic Experience

Sexually Dimorphic Impact of Gestational Hyperandrogenism on Offspring Growth Trajectory

Exploring the Contribution of PARP1-Mediated Site-Specific ADP-ribosylation of C/EBP β in Macrophages to Diet-Induced Obesity

Human Induced Pluripotent Stem Cell-derived Granulosa-like Cells from Ligand-based Differentiation Express FOXL2 after Inhibition of DKK1

4:30–6:00 PM CT

PDW003: NAVIGATING MICROAGGRESSIONS

W-184D

This informal discussion will provide insight into experience of entrepreneurial scientists and clinicians who are commercializing their ideas. Faculty will cover the process of actively translating scientific ideas, insights and talents into valuable business propositions. Attendees will learn the pitfalls and advantages when translating an idea into business application.

FRIDAY, JUNE 16, 2023

9:15–10:15 AM CT

SP004: MEET THE EARLY INVESTIGATOR AWARD WINNERS

W-184D

Stem Cell-based Models for Elucidating Human Adrenocortical Development and Dysfunction

Exploring the Repertoire of Genetic Defects that Underlie Neuroendocrine Tumors in Mexican Mestizos: A Milestone in the Development of Population-Specific Clinical Strategies

Investigation into Novel Genes and Pathways in Patients with Familial Congenital Hypopituitarism

Exploiting β -cell Hypersecretory Stress Uncovers Contributors the Adaptive Unfolded Protein Response

Continuous Intraperitoneal Insulin Infusion in the Treatment of Type 1 Diabetes Mellitus - Glycaemia and Beyond

10:30 AM–12:00 PM CT

SP005: HOW TO ADVOCATE FOR YOUR PATIENTS AND PRACTICE

W-185BC

The purpose of this session is to walk attendees through why we engage in advocacy, how they can advocate, where they can find opportunities to engage in advocacy, and Endocrine Society resources. Attendees will leave this session with a better understanding of how advocacy works and how they can effectively advocate for their patients and practice.

How to Advocate for Your Patients and Practice

Why Advocacy is Important for Endocrinologists

Why Advocacy is Important to Me and How I Learned to Be a Powerful Advocate

PDW004: EFFECTIVE TEACHING STRATEGIES

W-184D

Effective teaching and learning methods based on adult learning theory and evidence-based approaches in education are critical to the dissemination of knowledge in endocrinology. This session will cover the science behind adult learning and the practical application in teaching in academic settings, the hospital, in small/large groups or even online. Participants will get the opportunity to put in practice skills learned in this workshop.

1:00–2:30 PM CT

PDW005: PUBLISHING SKILLS LAB: COMMUNICATIONS CHALLENGES

W-184D

This session will teach learners how to craft standout research abstracts around their research results. Learners will participate in writing activities to strengthen their skills as authors of scholarly communications and develop writing styles that increase the chance of being published.

2:45–3:30 PM CT

OBTAINING LEADERSHIP SKILLS AND POSITIONS: A PANEL DISCUSSION CO-SPONSORED BY WOMEN IN ENDOCRINOLOGY AND THE ENDOCRINE SOCIETY

ROOM TBD

The goal of this session is to expose attendees to important leadership skills that will help attendees obtain and succeed in leadership positions.

Building Your Confidence: Overcoming Barriers to Effective Leadership

Embracing EDI: A Key to Effective Leadership

Collaborative Negotiations

3:45–5:15 PM CT

PDW007: MAXIMIZING THE MENTOR AND MENTEE RELATIONSHIP

W-184D

This session will discuss the importance of building successful mentoring relationships as a mentee and as a mentor to others. Panelists will teach the importance of being an effective mentor, how to be a good mentee, and the benefits of having multiple mentors. Break out groups will engage participants with common scenarios and discuss responses.

SATURDAY, JUNE 17, 2023

8:00–9:30 AM CT

PDW006: BUILDING YOUR PERSONAL BRAND THROUGH SOCIAL MEDIA

W-184D

Attendees will learn how their “personal brand” can help boost their careers. This session is designed to provide attendees with tools and resources on how to communicate their science and what they do well using social media, including LinkedIn and Twitter. The importance of personal website and the use of Google Scholar and Research Gate will also be covered. Please bring your laptop or mobile phone to this session.

9:45–11:15 AM CT

PDW008: THE BUSINESS OF MEDICINE: SURVIVING THE FIRST YEAR OF PRACTICE

W-184D

This session is designed for Fellows and post-fellowship practicing endocrinologists to compare and contrast business models for academic medicine, large group practice, and private practice. General tips will also be provided on navigating hospital administration, working with a diverse team of healthcare providers, and things the panelists wish they would have known when starting in their practice setting.

11:30 AM–1:00 PM CT

PDW009: RESILIENCY AND MANAGING BURNOUT

W-184D

This session will teach strategies to tackle burnout and achieve life balance. Attendees will learn techniques to increase resiliency and practices to alleviate stress, including mindfulness training and other coping skills.

3:30–5:00 PM CT

PDW010: ALTERNATIVE CAREER PATHS: INDUSTRY, GOVERNMENT, LAW, & POLICY

W-184D

Learn from experts in the field about credible and reproducible research. Learn the NIH reproducibility guidelines and elements of rigor and reproducibility in grant applications. Walk through case studies that demonstrate rigor in research. How to do retrospective analysis of clinical data (MD) but open to everyone.

SUNDAY, JUNE 18, 2023

8:00–9:30 AM CT

PDW011: PRACTICAL ADVICE FOR FOREIGN MEDICAL GRADUATES OR SCIENTISTS PLANNING TO COME OR STAY IN THE USA: NAVIGATING THE US VISA SYSTEM

W-184D

This session is designed for International Scientists starting or continuing their research work in the U.S. and International Medical Graduates who have already completed a US medical residency program, are currently participating in endocrine fellowships and are currently planning to stay in the US. Attendees will have a greater insight into everyday topics such as networking, future career opportunities and select fields of official administration (immigration, health insurance, taxation).



**PROGRAM DEVELOPED BY THE TRAINING
AND CAREER DEVELOPMENT CORE COMMITTEE**

SPECIAL THANKS TO:

Dequina Nicholas, PhD

Chair of the Early Career Forum Planning Workgroup

Dipika Mohan, MD, PhD

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Sean Hartig, PhD

Chair of the Professional Development Workshops

The Endocrine Society's Meetings, Marketing, and Professional Development teams for organizing the event.

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