

## WELL-BEING RESOURCES: WOMEN in MEDICINE



ACP Well-being Champions and Chapter Leaders can use these interventions to meet the specific needs of their local chapter members and promote internist well-being and professional fulfillment in their communities. These interactive events and discussion resources focus on women in medicine efforts. For example, these materials could inform didactic facilitated discussion sessions, informal chats, and social media posts.



### Webinar Recordings:

- [Cultivating the Success of Women in Medicine](#) - Dr. Amy Gottlieb defines sponsorship, discusses it as a lever for organizational change, and presents model behaviors (55 min).
- [Executive Presence: Cultivating The Intangible](#) - Bergitta Controneo, FACMPE, focuses on cultivating executive presence in women (55 min).
- [Mentorship, Coaching, and Sponsorship for Women Physicians](#) - with Drs. Katherine Sherif and AnaMaria Lopez (55 min).
- [Work-Life Integration for Women in Medicine](#) - Dr. Cheryl O'Malley discusses opportunities to enhance work-life integration and improve individual well-being (49 min).
- [Impostor Syndrome and Women in Medicine](#) - Dr. Marianne Parshley discusses defining and recognizing Impostor Syndrome, how to combat it, and how to support others (52 min).
- [Core Tenets of Leadership for Women in Medicine](#) - a webinar to recognize core tenets of leadership for women physicians through examples (59 min).
- [Gender-Based Differences in Physician Burnout](#) - an overview of burnout, prevalence by gender, contributing factors for women physicians, and potential solutions (75 min).
- [Networking for Women in Medicine](#) - why networking and the Women in Medicine initiative are important along with chapter examples (56 min).
- [Negotiating Like a Woman: The Keys to Getting What You're Worth](#) - Martine Jackson presents the differences in pay between men and women and how to close that gap. Other resources as PDFs also available (55 min).
- [Everybody In: Creating Gender Equality in Your Workplace](#) - Dr. Susan Thompson Hingle discusses the benefits of gender equity in the workplace as well as case studies and position papers dealing with gender equity (51 min).



### Other Resources:

- [Women in Medicine](#) - a page of resources, articles, and background.
- [Core Tenets of Leadership for Women in Medicine Chapter Resources](#) - a guide to accompany the Core Tenets of Leadership for Women in Medicine webinar. Includes suggestions for group, virtual and Twitter discussions as well as interactive activities (Login required).
- [Creating Gender Equality in Your Workplace Chapter Resources](#) - a guide to accompany the Everybody In: Creating Gender Equality in Your Workplace webinar. Includes suggestions for group, virtual and Twitter discussions as well as interactive activities (Login required).
- [Gender Based Differences in Physician Burnout Chapter Resources](#) - a guide to accompany the Gender Based Differences in Physician Burnout webinar (Login required).
- [Impostor Syndrome and Women in Medicine Chapter Resources](#) - a guide to accompany the Impostor Syndrome webinar. Includes suggestions for group, virtual, and Twitter discussions as well as interactive activities (Login required).
- Negotiating Like a Women Chapter Resources - **Coming soon!**
- [Networking for Women in Medicine Chapter Resources](#) - a guide to accompany the Networking for Women in Medicine webinar. Includes suggestions for group, virtual and Twitter discussions as well as interactive activities (Login required).