"Focused Leadership" is a monthly e-mail sponsored by the MUSC ARROW (Advancement, Recruitment, and Retention of Women). This e-mail is sent to all faculty members and features leadership-related articles and resources. We deliver brief, thought provoking, and most importantly, useful e-mails once a month!

LEADERS ON LEADING

We asked Dr. Willette Burnham, University Chief Diversity Officer "What is the most important advice you would give someone interested in moving into a leadership position?"

Her response: “As one advances into leadership positions, in my opinion, it is important to be clear about what drives you and why! As you seek clarity, it means assessing your core principles and values and defining how you see yourself modeling those characteristics professionally and personally. When one is clear about who they are, their integrity and motivation is never questioned. People with whom you work will become confident in your leadership because they observe you modeling the characteristics that evoke trust, respect and humility. When a leader has earned the respect and confidence of those with whom they work nothing is impossible!”

LEADERSHIP RESOURCES

Seven ways smart leaders get even smarter

Brilliant leaders end up saying, “Doh!” sometimes. Talent doesn’t exempt you from doing dumb things, neither does intelligence.

---Dan Rockwell, Leadership Freak

Let Go of a Bad Mood

Many leaders struggle to shift from a negative state of mind to a positive one. If you’re in a bad mood, and it’s hurting your performance at work, how do you get out of it? First, breathe. Breathing can help you achieve a physiological condition called coherence, which leads to improved mental clarity, focus, emotional stability, and decision making. Second, activate a positive feeling by quietly focusing on a person, place, or thing you are grateful for. Third, ask yourself a few questions to reframe your thoughts: What else is possible here? What really matters right now? What could I learn in this moment? What does my gut say? What is a more useful/constructive/positive approach? What is the most desirable outcome? This will help you reengage with a new attitude and course of action.

---Adapted from “4 Steps to Dispel a Bad Mood,” by Alexander Caillet, Jeremy Hirshberg, and Stefano Petti.

UPCOMING EVENTS

APPLE TREE SESSION #1

TOPIC:
Sleep and Circadian Rhythms Fact and Fiction: How to use your biological rhythms and sleep physiology to be more alert, productive, and happy.

SESSION LEADER:
Greg Sahlem, Dept. of Psychiatry and Behavioral Sciences
College of Medicine

DATE:
July 23, 2015

TIME:
12:00 - 1:00 PM

LOCATION:
College of Health Professions, Building A, Room 207 (NOTE ROOM LOCATION)

APPLE TREE SESSION #2

TOPIC:
Microsoft Outlook: Stay Organized and Safe
Join us to learn everything you need to know about Microsoft Outlook email, including email organization, calendar features, security/phishing, mobile device management (MDM) and 2-factor authentication.

SESSION LEADERS:
Melanie Richardson (OCIO-IS) and Emily Brennan (Library)

DATE:
Wednesday, July 29, 2015

TIME:
12:00 – 1:00 PM

LOCATION:
Room 405, Education Center/Library

WHAT: American Academy of Dermatology – SkinCare for Developing Countries Scholarships
The Academy offers grants to individuals and organizations to fund international volunteer and humanitarian projects under the SkinCare for Developing Countries program.

Grants vary between $2,500 and $5,000 depending on the proposal, scope of the project, and availability of funds.

https://www.aad.org/education/awards-grants-and-scholarships/skincare-for-developing-countries

WHEN: Applications are due August 2, 2015
WHAT: ACCEL Community Engaged (ACE) Research Awards: The ACCEL Clinical & Translational Research Center (CTR) Community Engagement and Outreach (CEO) component is pleased to announce they are now accepting applications for the second year of the ACCEL Community Engaged (ACE) Research Awards. The goal of this program is to create and grow community-academic partnerships to conduct research.

WHEN: Applications are due August 10, 2015 @ 5pm

CONTACT: https://www.de-ctr.org/community/ace-award

WHAT: Pfizer Independent Grants for Learning & Change: The mission of Pfizer Independent Grants for Learning & Change (IGL&C) is to accelerate the adoption of evidence-based innovations that align the mutual interests of the healthcare professional, patients, and Pfizer, through support of independent professional education activities. The term “independent” means the initiatives funded by Pfizer are the full responsibility of the recipient organization. Pfizer has no influence over any aspect of the initiatives, and only asks for reports about the results and impact of the initiatives in order to share them publicly.

WHEN: Letter of Intent Due Date: August 13th, 2015


WHAT: Charleston Conference on Alzheimer's disease: The Charleston Conference on Alzheimer’s Disease (CCAD) was initiated in Spring 2013 to address the current stringent nature of research funding that is stifling early career researchers from working on high risk or high-impact ideas. The CCAD invites early career investigators to propose novel ideas for AD research and awards three investigators $50,000 New Vision Awards to carry out their research. The CCAD experience also offers a unique opportunity for early career investigators from different fields and areas of expertise to network and to collaborate on novel ideas to advance Alzheimer’s disease research.

WHEN: Monday, August 24, 2015 at 5PM EST

CONTACT: http://www.charlestonconferences.org/.
eckenrod@musc.edu

WHAT: Delaware-CTR ACCEL Junior Investigator Network Event: Facilitated by: Millicent Sullivan, PhD
Associate Professor, Department of Chemical and Biomolecular Engineering
ACCEL’s Junior Investigator Networking Events provides a unique opportunity for junior investigators to connect, share experiences and feedback with their peers and speak candidly with a senior researcher.

**WHEN:** Wednesday, July 22nd, 2015 - 12:00pm to 1:00pm

**CONTACT:** Visit [https://www.bluejeans.com/87874805](https://www.bluejeans.com/87874805)
Meeting ID: 878748405

**WHAT:** MUSC Women Scholars Initiative: **Authorship II:** With visiting guest speaker Dr. Deborah Yelon, MUSC Chair of Neurosciences Dr. Bruce Ovbiagele, Chair of the College of Medicine Appointment, Promotion and Tenure committee Dr. Daniel Lackland and Research Integrity Officer Dr. Edward Krug. Hear presentations on authorship, conflicts of interest, assigning credit and collaborative authorship from experts in the field. Faculty, staff and students are welcome to attend.

**WHEN:** Thursday, July 23rd, 2015 - 1:00pm to 3:00pm
Bioengineering Building Room 112

**CONTACT:** Please RSVP to Megan McDonough mcdonoum@musc.edu

**WHAT:** The Psychiatry of HIV Conference: GUEST SPEAKERS AND TOPICS: Lawrence Michael McGlynn, MS, MD, Stanford University & Antoine Douaihy, MD, University of Pittsburgh- HIV Neuropsychiatry Overview - HIV & Somatic Complaints - HIV and Aging - HIV and Psychiatric Drug-Drug Interactions

**WHEN:** Friday, August 14th, 2015 - 1:00pm to 4:30pm
Bioengineering Building Room 110

**CONTACT:** Online registration is available at [www.musc.edu/psychevents](http://www.musc.edu/psychevents)

**WHAT:** MUSC Convocation: Please mark your calendars for the MUSC Convocation

**WHEN:** Tuesday, August 25th at 4:30pm in the Drug Discovery Auditorium

**WHAT:** 21st Annual Diabetes Fall Symposium for Primary Health Care Professionals: The 21st Annual Diabetes Fall Symposium for Primary Health Care Professionals is a 2-day symposium designed to update primary health care professionals on current management and treatment guidelines for people with diabetes. The program includes workshops with topics such as
pharmacology, hospital guidelines for diabetes, and diet and nutrition, and is specifically designed for Primary Care Physicians, Endocrinologists, Pharmacists, PharmDs, RPhs, NPs, APRNs, PAs, dietitians, and CDEs. The information to be presented is equally relevant to Pharmacy Technicians, RNs, LPNs, and Social Workers.

**WHEN:** September 17 & 18, 2015
North Charleston Convention Center

**CONTACT:** You may access the brochure at: [http://www.musc.edu/diabetes](http://www.musc.edu/diabetes)

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