

Leadership, Professionalism, Wellness and Friendship Development Committee

A holistic and collaborative approach to leadership development, professionalism, wellness, and friendship development

Committee members: Xiuli Liu (Chair), Huihong Xu (Co-Chair), Marilyn Bui (sponsor), Yun Gong, Qihui (Jim) Zhai, Yimin Dong, Guofeng Gao, Jinping Lai, Feng Yin, Wei Zhang, Yaxia Zhang, Yu Helen Zhang, Zhongren Zhou.

Mission: Discover inner strength, develop leadership skills, refine professionalism, promote wellness, and cultivate long-lasting friendships through personal interactions and support from peer to peer.

Background: CAPA members are known for our dedication and industrious work ethic in pursuing excellence in diagnosis, research, and education. While the unprecedented Covid-19 pandemic may have slowed our pace in professional development, it also allowed us more time to reflect. Some of the CAPA members got together and brainstormed the idea to initiate a pilot project aimed at helping each other discover our inner strengths, developing leadership skills and refining professionalism through engagement and action, promoting wellness and happiness, and cultivating long-last friendships among CAPA members. We believe that these skills will ultimately empower CAPA members and make us not only better pathologists, but also healthier and happier people.

Proposing activities: 1) Special lecture series in Leadership, Professionalism, Wellness and Friendship Development program which include a total of 10-12 one-hour lectures on the last Sunday of each month, 2) Small group (about 5-10 CAPA members in each group, a total of 12 groups) interaction and learning led by each committee member to use the concepts in the lecture series in real life scenarios. In addition, a mid-year retreat will be hosted and share the experience among CAPA members in this program. All these will be summarized at the annual CAPA meeting by the committee chair.

Metrics to measure the success of this project: 1). number of CAPA members recruited to this project, 2). the total number of CAPA members attending the special lecture series, 3). a questionnaire survey to all committee member and all CAPA members in this program, and 4). number of emerging CAPA leaders from this program in 3 years and 5 years.