

WDS CAREER CORNER

Top 10 Things I Learned from the 2020 WDS Forum

By Shari Lipner, MD, PhD

The WDS Forum took place January 31-February 2, 2020 in Scottsdale Arizona. The session started with a focus on finding joy in our work and our personal lives with the keynote lecture by Sandra Ellison: “Building Resilience: A Key to Unlocking Physician Health & Happiness.”

Other highlights included women’s health topics, including breast cancer screening, healthy aging, nutrition and supplements, and integrative medicine, an update on the International Journal of Women’s Dermatology, a poster session, and a service project. The session concluded with “30 Pearls in 30 minutes,” by WDS Board of Directors and leadership, as well as, an open-mic portion for participants.



There was a wealth of pearls including:

1. Be thankful for what you have.
2. Volunteer. Options include skin cancer screenings, WDS events, and AAD events.
3. Action is the antidote to anxiety.
4. Saying yes when you need to say no causes burnout.
5. Make a list of things you don’t want to do – errands, chores, etc. and try to find someone to do these.
6. We can’t control others’ behavior but we can control our response.
7. Say no without apologizing.
8. Make mistakes only once.
9. Accept criticism the same way you accept compliments.
10. Stay curious.

For more tips, read the WDS Editorial Highlight **“Pearls from the 2020 WDS Forum”**.

FOR ADDITIONAL INFORMATION

Watch the WDS Webinar Series featuring advice and information from expert physicians in the field of dermatology brought to you by the WDS Young Physicians Committee and Galderma.

- **Part 1: Negotiating a Contract**
- **Part 2: Building a Brand**
- **Part 3: How To Choose Your Path**
- **Part 3.1: How To Choose Your Path**
- **Part 4: Leadership Development Tips**
- **Part 5: Keys to Success in Research**



Part 1: Negotiating a Contract

Advice on navigating the job search process and negotiating contracts



Part 2: Building a Brand

Advice on how to start building a brand and reputation



Part 3: How To Choose Your Path

First installment on how to choose one's path in dermatology



Part 3.1: How To Choose Your Path

Second installment on how to choose one's path in dermatology



Part 4: Leadership Development Tips

Advice on how to cultivate excellent professional leadership skills



Part 5: Keys to Success in Research

Guidance on successful navigation within a research career path