

WICTA: WOMEN IN CARDIOTHORACIC ANESTHESIA

Mission Statement: The mission of the SCA Women in Cardiothoracic Anesthesia Special Interest Group (SCA WICTA SIG) is to ensure excellence in quality of patient care through promoting a diverse, inclusive and equitable professional community in our specialty.

Dear WICTA Members,

Since the initiation of the SCA WICTA Special Interest Group in 2018, our group has been gaining members and momentum. We are so proud of the things we've accomplished thus far and we're not slowing down anytime soon! We are excited about upcoming opportunities to continue to promote female leadership and career development in our field.

1) PEER DEVELOPMENT MENTORING PROGRAM

Several of you are already participating in our Peer Development Mentoring Program (PDMP). We are planning an event at the SCA annual meeting in West Palm Beach for participants to give their presentations. This event will be open to ALL members. We hope you will come and show your support. Stay tuned for more details.

2) WICTA SCHOLARSHIP AWARDS

We are also excited to announce 2 scholarship awards available for SCA members, specifically targeting women and underrepresented minorities. Both present a phenomenal opportunity for career advancement and leadership development. The first is a scholarship award for a series of professional coaching sessions with Dr. Karen Souter, a certified professional coach. The second is an award to participate in Dr. Sasha Shillcutt's Brave Enough Master Class. **Applications are due February 28, 2020.** Winners will be notified by March 2, 2020. More details describing both courses and directions for applying are included on page 2 of this newsletter.

We look forward to seeing all of you in West Palm Beach!

Save The Dates:

WICTA events at SCA Annual Meeting

Friday, April 17

Social Hour – 7-9 pm

Saturday, April 18

PDMP Presentations – Time TBD

Sunday, April 19

WICTA Business Meeting – 3-4:30 pm

WICTA Dinner – Time TBD

Get to know our team:

Chair - Daryl Oakes, MD

Vice-Chair - Emily Methangkool, MD MPH

Communications Liaison - Kelly Ural, MD

Awards and Scholarship Liaison - Renata Ferreira, MD

Research Liaison – Lisa Qia Rong, MD

Professional Development Liaison - Maya Hastie, MD

Members at Large – Tara Humphrey, DO;
Lavinia Kolarczyk, MD

Advisory Board:

Dalia Banks, MD

Nancy Nussmeier, MD

Michael Eaton, MD

Stan Shernan, MD

Kathy Glas, MD

Sasha Shillcutt, MD

Burkhard Mackensen, MD

Linda Shore-Lesserson, MD

Danny Muehlschlegel, MD PhD

Madhav Swaminathan, MD

**Women in Cardiothoracic Anesthesia
Special Interest Group
2020 Scholarship Program**

The Women in Cardiothoracic Anesthesia Special Interest Group (WICTA SIG) is pleased to offer two scholarship programs to support career advancement and leadership skill development for women and underrepresented minority cardiothoracic anesthesiologists.

Application Timeline:

Application are due by February 28th, 2020. Winners will be notified by March 2, 2020. Please submit your application to Dr. Renata Ferreira at rf50@uw.edu.

Scholarships Available:

1. Professional Coaching for 4 months: 1 session/ week (Value: \$500/session)

Dr. Karen J Souter MB BS FRCA MACM Certified Professional Coach has kindly donated her services to 3 award winners. Coaching is widely and successfully used in the business sector to develop individuals and teams. In the medical world, the opportunity to work with a coach is more limited.

Coaching helps physicians:

- Think strategically about their careers
- Increase self-awareness
- Manage politics
- Work through challenging relationships
- Strengthen leadership skills
- Overcome limiting beliefs and self-doubt
- Move out of their comfort zone

For more information on Dr. Karen Souter, Certified Professional Coach, please see the coaching information sheet.

2. Brave Enough Master Class Award (Value: \$2,500/12 weeks)

Dr. Sasha Shillcutt has kindly donated a spot in her Brave Enough Master Class. Dr. Shillcutt has designed and hosts a 12 week e-course (March 8 - May 30, 2020) to help participants overcome burnout, learn how to set healthy boundaries, and define your life goals. The class is focused on increasing your self-confidence, changing your mindset, and learning how to live your priorities to order to find balance in your life. This class is part of a number of resources that Dr. Shillcutt has created as part of her Brave Enough program. Please find more information on her website:

<http://www.becomebraveenough.com>.

Eligibility Criteria

- Member, Society of Cardiovascular Anesthesiologists
- Must be a woman and/or an underrepresented minority
- Practices in the field of cardiothoracic or vascular anesthesia (all practice types, including academic, private practice, and government welcome)
- MD, DO, or MBBS degree
- Eligible applicants can be fellows, early (≤ 5 years in practice), mid-career (≤ 10 years in practice), or advanced-career (> 10 years in practice)
- Professional coaching and master class should be completed within one year of the award.

Application requirements

- Complete the application form and email to Dr. Renata Ferreira at rf50@uw.edu by **February 28th, 2020**. Include a concise summary of your professional activities and interests (e.g. educational, academic, management, leadership), including your one-year and five-year goal and current challenges/barriers.
- Please include a description of:
 - (a) How this award will allow you to achieve your career goals
 - (b) How you will use this opportunity to help promote greater diversity in our field.

Please direct any questions to Dr. Renata Ferreira - rf50@uw.edu