

Welcome to our virtual waiting room!

While you wait for the session to start, please take time to:

1. Familiarize yourself with BlueJeans
2. Check your name- update first and last if incorrect
 - 1 in the picture
3. Visit the chat window
 - 2 in the picture
4. Visit the question & answers window
 - 3 in the picture

BlueJeans Participant Screen

Attendee View

(David Lee)

Event title → Sales Kickoff

Speaker Volume →

Mute Speaker →

Full Screen →

Entry banner alerts Attendee that nobody will be able to see or hear them.

Exit the event →

Main (roster) view → 1

Chat w/ everyone → 2

Chat w/ Moderator →

Questions & Answers → 3

Expand side navigation (display Presenter roster) →

Settings (choose which speaker to use) →

Slider bar – drag to change the size of video and content

Year	RED	BLUE	GREEN	YELLOW
2004	45	15	10	10
2005	65	35	25	20
2006	75	45	35	30
2007	65	55	45	40
2008	85	65	55	50
2009	85	65	55	50
2010	95	75	65	60
2011	100	85	75	70



Penn Medicine

Lunch with Leaders LIVECast: Navigating Career Transitions

November 4, 2021



What's in the Mail?

What did you enjoy about the last session, Empowering the PMX?



Guess who?

Thanks! This is a great lunch break meeting to attend and **I always leave feeling refreshed!**

A very relatable and intimate discussion.

The **insights of the physician** around changes in patient relations



I liked hearing **personal stories** and how leaders plan to engage in the work

Post-event feedback and anonymous comments from the evaluation survey

We Want To Hear From You!

Project Vital Advantage (PVA)



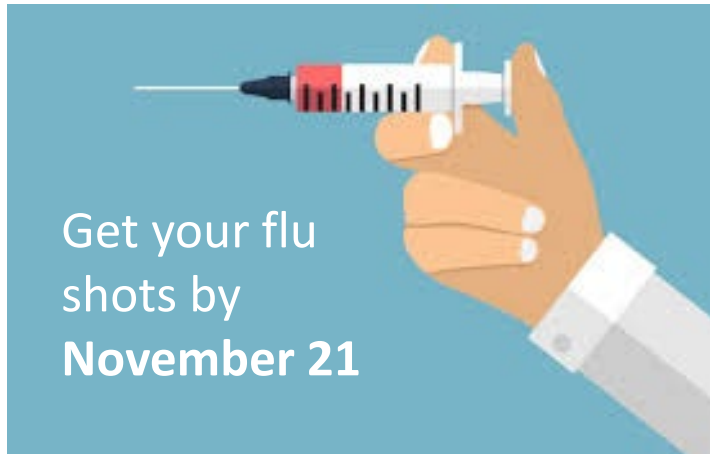
Provide feedback [here](#)



Completed the [Diversity Engagement Survey](#) by Nov 16th



Reminders: Flu Shots and Book Club



Access Flu Campaign Materials including the consent form [here](#)

Penn Medicine Book Club
12/1/2021, 7 – 8 PM



- Register to the event [here](#)
- Order your copy [here](#) by Nov 19: Hard copy or ebook

Obtaining CME/CE Credit

To received CME/CE credits:



Text the event code to (215) 398-6728



Login at <https://upenn.cloud-cme.com> and enter the event code via My CE/CME >> Claim Credit



CloudCME app – Institution Code UPENN; enter the event code via Claim Credit

Event Code:
73174

*You must have a profile in the system,
<https://upenn.cloud-cme.com>,
to get credit*

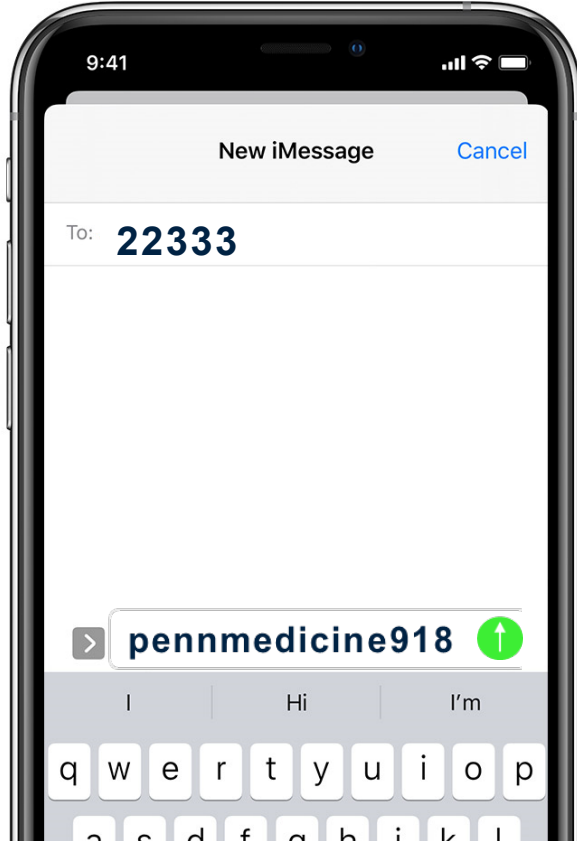
For further assistance, please contact penncme@penmedicine.upenn.edu.

Today's Objectives

- Explore key questions for navigating your career
- Determine steps in proactive, purposeful and flexible career planning that aligns with what matters the most
- Discuss how to build a culture of having career conversations with those you lead and supporting them to manifest their dream career at Penn Medicine
- Share your experiences and get ideas from others

Participate in Poll Everywhere

#1



#2 What emotions are you feeling today?

Lunch with Leaders Guests



**Regina Cunningham,
PhD, RN**
CEO, HUP



Greta Gilbode
Associate Executive
Director, PPMC



Sharon Hull, MD
Professional Certified Coach,
President and Chief Coaching
Officer, Metta Solutions

What emotions are you feeling today?

The Steps in Proactive Career Planning (PCP)



The "Hip Pocket" Questions

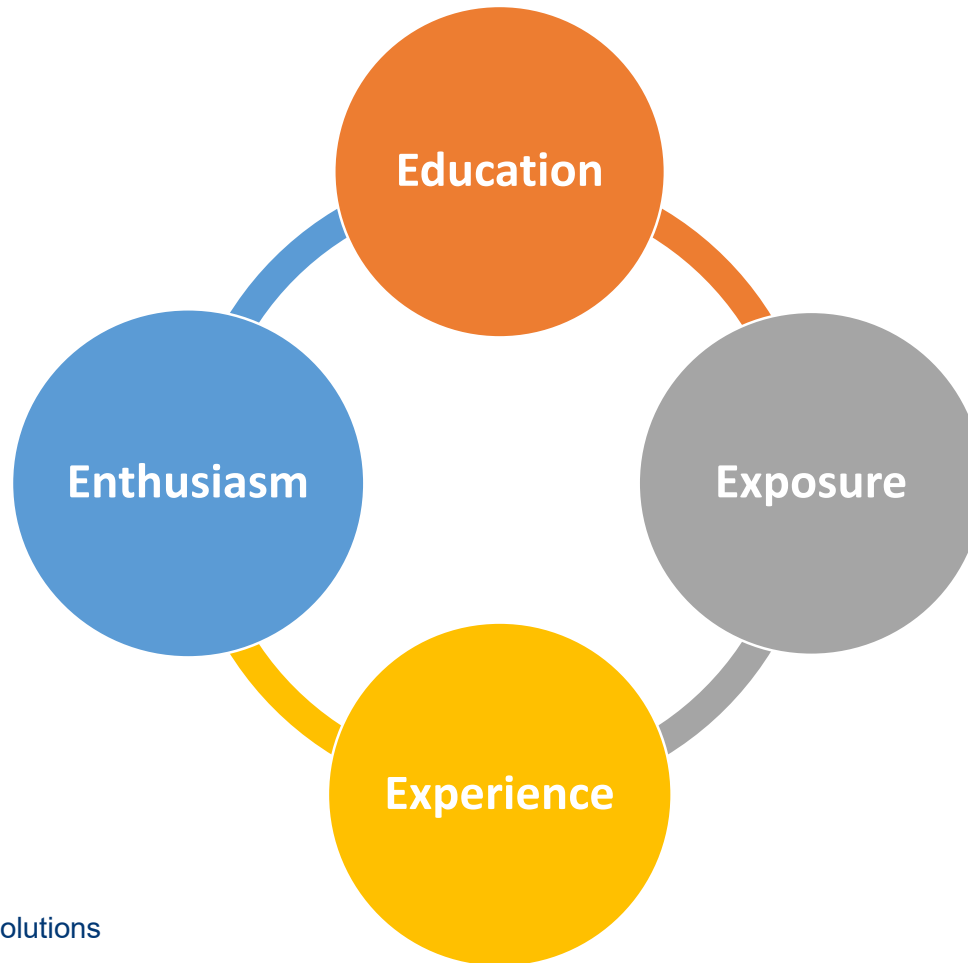


- What matters the most to you, personally and professionally?
- Who are your stakeholders and what matters to them?
- What matters to your organization?
- Are there any misalignments between the answers to the first three questions?
- If there are misalignments, what do you want to do about them?

Keep these answers “in your hip pocket” at all times, and reassess them regularly, at least annually and any time your circumstances change.



4 E's of Continuous Growth and Engagement





Staying Connected

I'm happy to hear from you by email and am willing to follow up as needed.

Sharon.hull@mettasolutions.com

Read my blog, [Metta Insights](#)

LinkedIn: [Sharon Hull, personal profile page](#) ; [Metta Solutions Business Page](#) (follow me on both, please!)

Twitter: [@mettasolutions](#)

Instagram: [mettasolutions](#)

[Grab Your Free Workbook Here](#)

What Matters Most to You: A Workbook for Creating an Intentional Life

Next Lunch with Leaders

Leading to Improve Community Health

November 18, 2021 at 12pm

Our guests

- **Richard C. Wender, MD**, Chair, Family Medicine and Community Health
- **Carmen E. Guerra, MD, MSCE, FACP**, Vice Chair of Diversity and Inclusion, Department of Medicine; Associate Director of Diversity and Outreach, Abramson Cancer Center
- **Alice Yoder**, Executive Director, Community Health, LGH

Upcoming Lunch with Leaders



Dec 2 *Tips for Awesome Visual Display*

Dec 16 *Holiday Special: Year in Review*

We will be back on January 13, 2022!

Visit [Lead Strong Site](#) to add the [series](#) to your Outlook calendar.

2021 Dates: 11/18, 12/2 and 12/16

2022 Dates: 1/13, 1/27, 2/10, 2/24, 3/10, 3/24, 4/7, 4/21 and beyond



CREDITS

Big Thanks to our Core Production Crew!

Thank you!



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Jen Rader, Manager, Learning Solutions, HR/PMA



Joe Lavin, Manager For Classroom Technology



Young Un Cho, Senior Consultant, Talent Mgmt. & Leadership, HR/PMA



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Casey O'Neill, Administrative Coordinator, HR/PMA



James Bizzell, Multimedia Designer, Internal Communications



Peter Lisacchi, Coordinator, HR/PMA



Vaughn Wurst, Manager, CME Office



Exit Poll Everywhere

