



2023 NCSCG
20TH ANNUAL
3 GI SYMPOSIUM

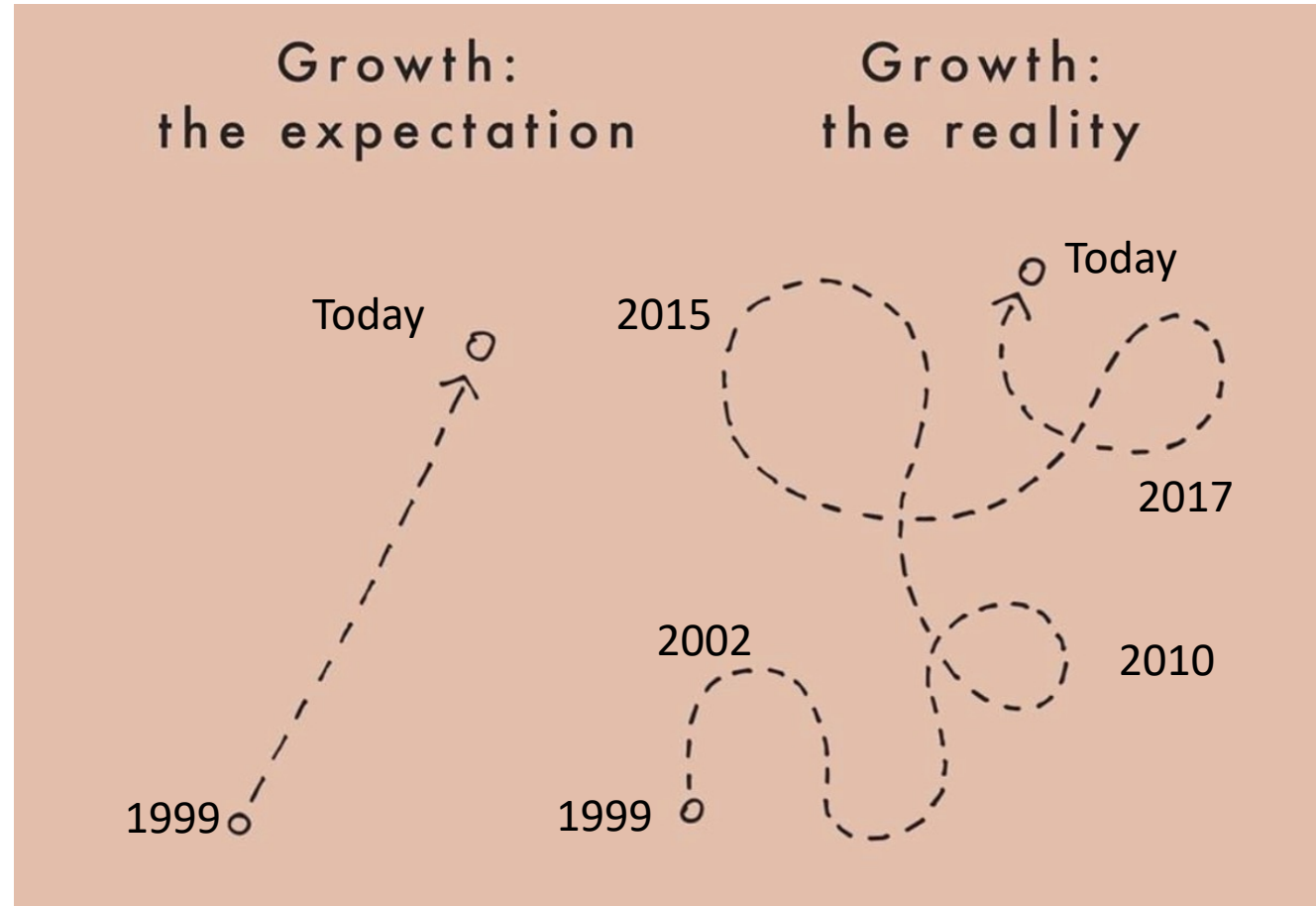
Keeping it Fresh: How to Find Meaning, Thrive and Boost your GI Career at any (St)Age

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My Professional Journey





The Powerball Threshold

NEXT DRAWING
May 26, 2021

Estimated Jackpot

\$236 Million

Cash Value: \$103 Million



Professional Apathy



You actively look for ways to procrastinate or avoid your job

You regularly approach work with dread or feelings of exhaustion

The challenges are frustrating and not motivating

You are no longer growing after “job crafting”

You achieved what you set out to achieve

Your workplace has become harmful to your physical or emotional health



Vs. Burnout

5 Signs You're Reaching the Point of Exhaustion

You've stopped contributing in conversations

You feel anxious and apathetic about life

Minor setbacks feel overwhelming

Small tasks have become hard to focus on

You often lose patience with others — and yourself

Sometimes a spade must
be called a spade,
not a super-shaped
earth extractor

- *Whitney Goodman*

Control your future by reflecting on your present

✓ Ask yourself:

- Am I fulfilled, learning & growing?
- Am I headed toward a long-term goal?
- What do I want my integrated life to look like in 3-5 years?
- What seeds can I plant today that will benefit me tomorrow?
- What relationships do I need to build to realize my vision?

**Whatever you
are not
changing, you
are choosing.
Read that
again.**

- Laurie Buchanan



The Career & Life Audit



- Step 1: Understand your mission
- Step 2: Gain clarity on how you spend your time
- Step 3: Activate your action plan

Abraham Rx: Complete every 2 & 5 years

Step 1: Know Yourself. Understand Your Mission.

- What would I most like to have/do in my career?
- What are my greatest moments of professional happiness/fulfillment?
- What qualities and characteristics are most important to me?
- What do I want to accomplish in my lifetime?
- If I had unlimited time & resources, what would I do?
- What talents & skills do I have?
- How can I best contribute to others?
- What legacy do I want to leave?

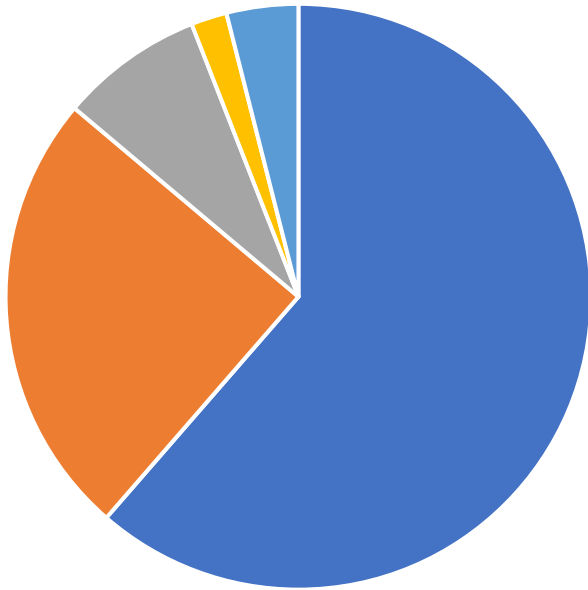


Step 2:

Get Real About How You Spend Your Time

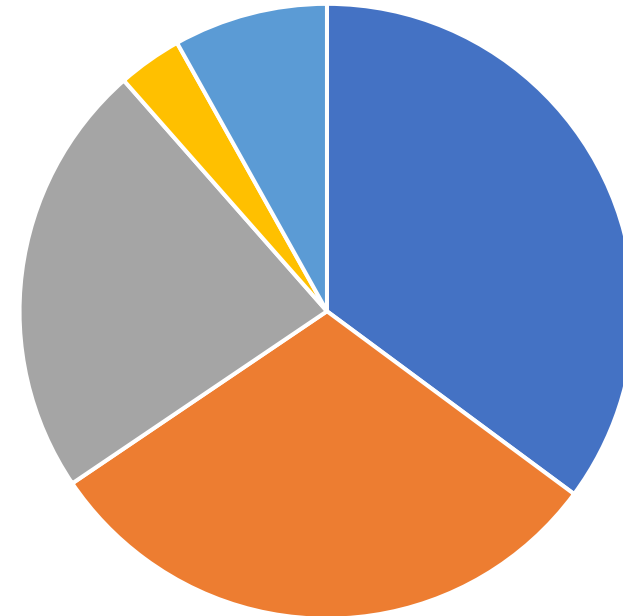
Discuss with your accountability buddy "How do I get from here to there"

Current



■ Clinical Work ■ Family/Friends ■ Self Care ■ Strategic Thinking ■ Spiritual

Ideal



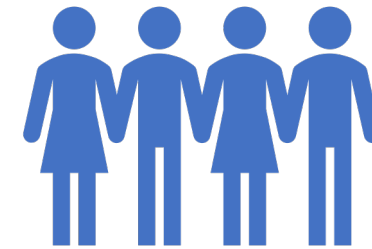
■ Clinical ■ Family/Friends ■ Self Care ■ Strategic thinking ■ Spiritual

Do Less. Better.

Marcus Aurelius



Is it mission-critical?



Get comfortable enforcing boundaries

The Language of Professional Boundaries

What healthy professional boundaries sound like:



- "I can't give you an answer this minute, but I'd love to schedule some time to talk about this when I've had a chance to prepare."
- "This project is a bit outside of my scope and expertise, so I may not be the best person to lead it."
- "I don't check my inbox on the evenings or weekends, so the best time to reach me if you want a quick response is definitely going to be during work hours."
- "It's hard for me to chat during my busy hours, but I'd love to find time to catch up with you. Want to schedule a lunch together this week?"
- "I'd love to help you with this, but I'm pretty booked with my own tasks right now. Do you have anyone else you could loop into this project?"

@thefinancialdiet

Give yourself permission to say NO



- Committees
- Service Responsibilities
- Speaking Engagements not in your content or interest
- Extra Shifts
- Calls
- Volunteer/Events
- Anything you don't enjoy

Essential Skill? Time Management



Time is a commodity



Learn this skill early in your career



Time management gets more difficult later

Quantity & Quality



Spend time training your assistants

Observe others & model behavior



Avoid time sinks

Step 3: Activate Your Action Plan

- Reframe risk & embrace transitions
- Develop product YOU
 - Master a new skill
 - Control your attention
- Give back
- Prioritize life-work integration



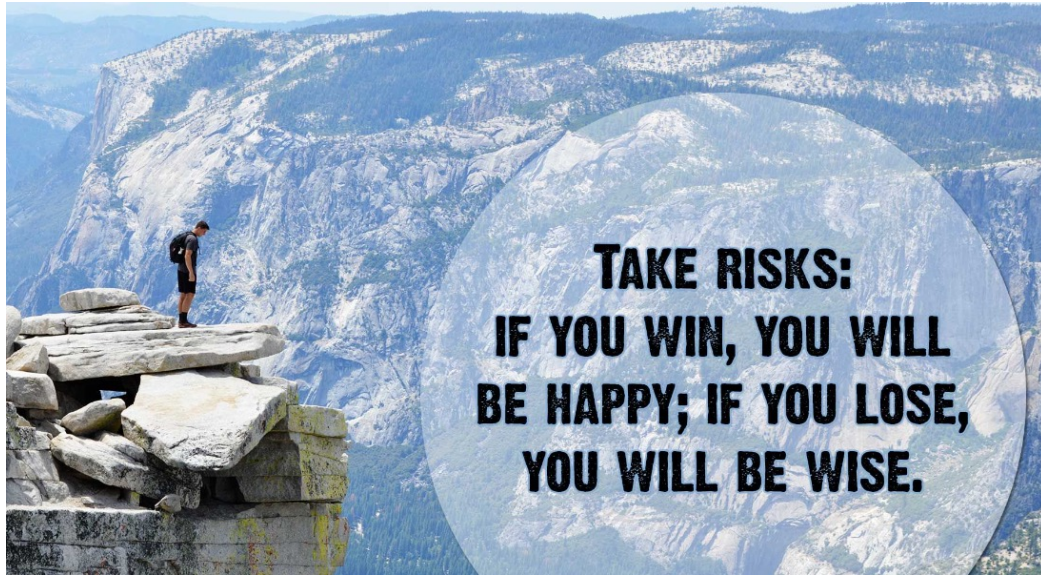
Don't ask: “Should I take this risk”?

Instead,

Ask: “Should I make this bold move”?

Christie Hunt Arscott. *Why women should make bold moves early in their careers.*

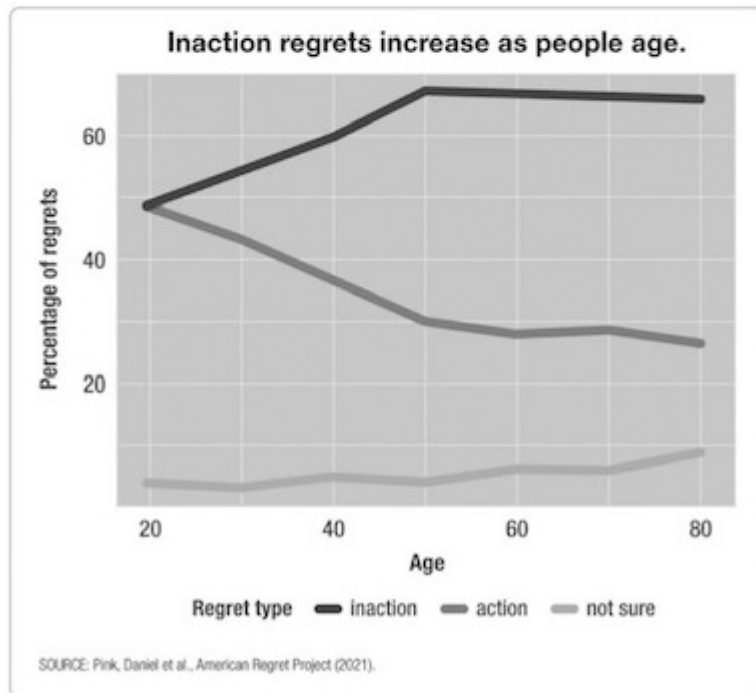
Reframe “Risk” to “Bold Moves”



- **Flip the script**
- **Courage begets courage**
 - Small moves drive positive change
- **Focus on potential consequences of INACTION**
 - What happens if I make this bold move? What happens if I don't?
- **Avoid the faulty assumption of success or failure**
 - Instead– succeed or learn
 - No matter the outcome, making a bold move is always a sign of progress
 - When you fail, recover with flair: “What did I learn?”

The lesson for 2023?

Start that business.
Write that novel. Ask
out that crush. Take
your shot.



“As we get older, we regret what we
didn't do much more than what
we did. Over time, **regrets of
inaction** easily outnumber regrets of
action”.

- Daniel Pink. *American Regret
Project (2021)*

Rethink your career

Everyone
is
different



- **What is a personal brand?**
 - Not your reputation
 - More intentional – how you *want* people to see you
- **How?**
 - What drives you/motivates you?
 - How does your mission align with your values?
- **Your brand needs to be:**
 - Compelling
 - Authentic
 - Consistent
 - Well-known

Branding: Develop Product YOU



- YOU are your greatest creative product
- Don't treat yourself like a hobby or side-project
- **CAREER MINDSET SHIFT**
 - Solid strategy; mission-centric
 - Clarify the message of who you are, what you do, and why people should care
 - More than an elevator pitch!

Challenge your grey matter: Learn a new skill

2020 ACG HQ: “We want you to have an active Twitter presence.”

- I learned about Twitter in 30 minutes in September 2020
 - How to create a handle & a compelling profile @NeenaSAbrahamMD
 - How to clarify why you are posting
 - How to create attractive posts (graphics, images, tagging)
 - How to re-Tweet and quote Tweet
 - How to avoid conflicts/trolls
- **Benefits**
 - Reach (Millennials, Gen Z), pandemic connection
 - In 2.5 years, over 6K followers
 - Personal Branding
 - #CardioGI
 - #MentoringMonday
 - #ACGIInstitute
 - Support of mentees/sponsorship/allyship





“ The ACG Institute for Clinical Research and Education supports education, impactful science, and leadership development, strengthening gastroenterologists’ ability to succeed in their healthcare communities, expanding the pipeline of trained leaders, and reaffirming ACG’s commitment to ethical and equitable care. ”

Neena S. Abraham, MD, MSc (Epid), MACG
Director, ACG Institute



From a foundation of skilled leadership, furthering equity in gastroenterology and fostering equitable health care.

CLINICAL RESEARCH AWARDS

2.2 MILLION in RESEARCH AWARDS for 2023

ACG INSTITUTE FOR CLINICAL RESEARCH AND EDUCATION

VISITING PROFESSORSHIPS



RADICAL THOUGHT ALERT



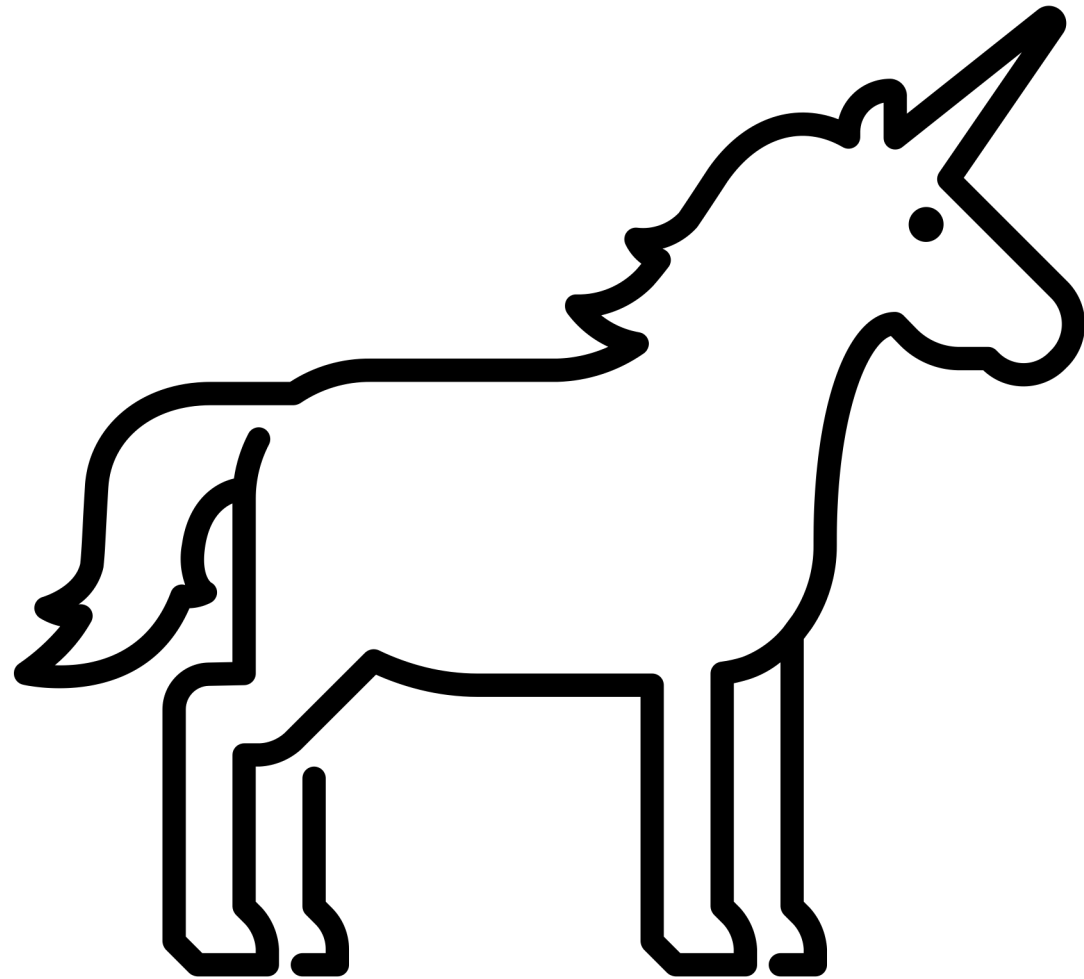
Adam Grant ✓
@AdamMGrant

Work-life balance sets the bar too low.

No one grows up dreaming of a job that doesn't interfere with their life. We hope to spend our waking hours doing work that enriches our lives.

A toxic job drains you. A decent job sustains you. A healthy job invigorates you.





Balance is not something you find, it's something you create

- **Work-Life Balance?**
- **No, it's just life**

Practice Extreme Self-Care

- ✓ **Take your lunch break**
- ✓ **Log off in the evenings**
- ✓ **Focus on joy activities on weekends**
- ✓ **Never leave a vacation day on the table**
- ✓ **Improve your sleep hygiene & improve your mood**

True self-care is not soft baths and chocolate cake. It is making the choice to build a life you don't need to regularly escape from.

Hack Your Happiness Chemicals

Endorphin (pain killer)

- Laughter
- Essential Oils
- Watch a comedy
- Dark chocolate
- Exercising

Dopamine (reward chemical)

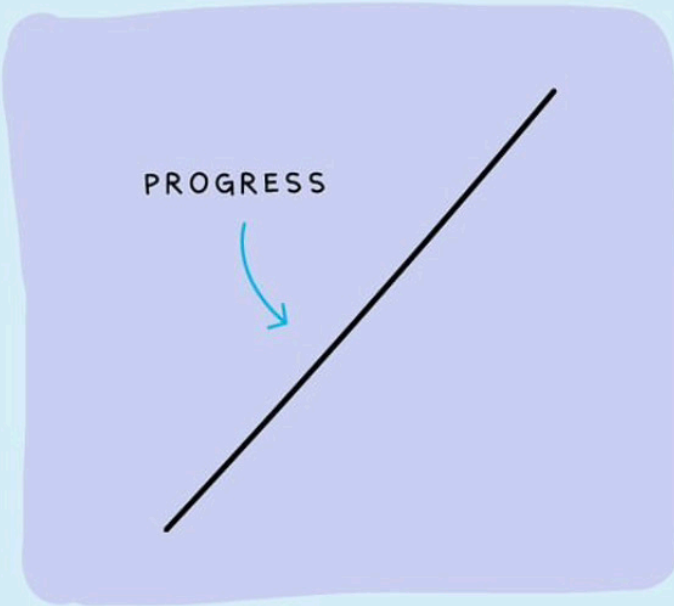
- Complete a task
- Self-care activities
- Eat food
- Celebrate little wins

Oxytocin (love hormone)

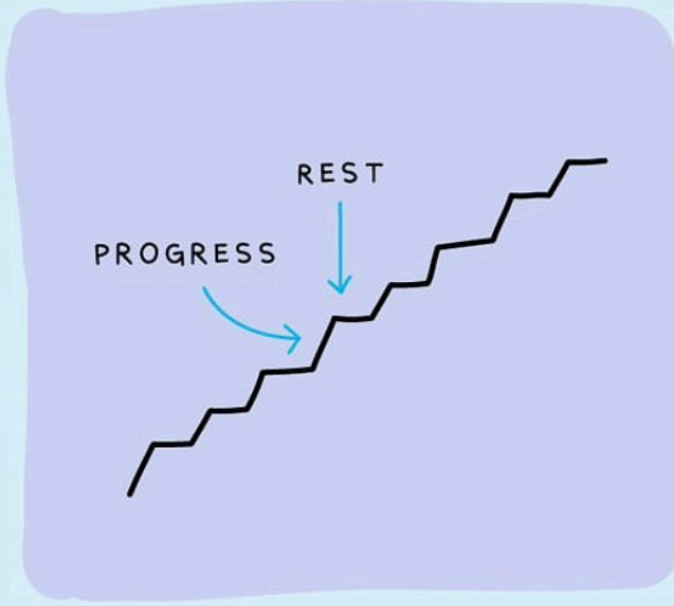
- Play with a dog
- Play with a baby
- Holding hands
- Hug a loved one
- Give a compliment

Serotonin (mood stabilizer)

- Meditating
- Running
- Sun exposure
- Walking/hiking in nature
- Swimming
- Cycling



HOW WE THINK
SUCCESS HAPPENS



HOW IT ACTUALLY
HAPPENS

REST IS A

PRODUCTIVE

ACTIVITY

Your career is yours to define and navigate



Control your mindset and your actions



Embrace a positive outlook



You are not stuck, you are simply at a crossroad

If your career is a book, what chapter are you in?

- **Chapter 1- Formative (early career)**
 - Define who you are to find the job you want
 - Rapid growth, skills-focused; inward outlook
 - Reputation starts to form
- **Chapter 2- Consolidative (mid-career)**
 - Established reputation & experience
 - Establishing a personal brand
 - Disillusionment leads to a pivot journey
- **Chapter 3- Mission-centric (late career)**
 - New career vision for impact
 - Outward focused



Right here, right now. Thrive in 5 steps.

Do I know my mission?



Do I have a personal brand?



What's stopping me from reinventing my career?

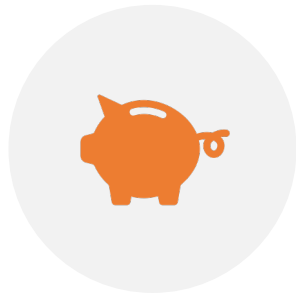


Do I know how to reframe risk?



Am I resetting and prioritizing my resilience?

Navigating Professional Chapters



You are more flexible than you give yourself credit for being



You are braver than you think



The situations that you worry about are probably not as bad as you imagine



You have more resources than you have considered

4 Stoic Dont's

1. Don't look for outside approval

"If you are ever tempted to look for outside approval...realize that you have compromised your integrity. If you need a witness, be your own." - Epictetus

2. Don't suffer in advance

"We suffer more often in imagination than in reality." — Seneca

3. Don't fear change

"Everything is born from change." - Marcus Aurelius

4. Don't seek revenge

"The best revenge is not to be like your enemy." - Marcus Aurelius



**You are not
the work you
do; you are
the person
you are.**

TONI MORRISON

@thrive



👉 Delayed gratification is over-rated

👉 NOW is the time for self-care, family time & hobbies

👉 ⬇️ burnout & ⬆️ job satisfaction.

💡 Don't lose yourself in your job.

[#MentoringMonday](#) [#GITwitter](#)

[#MedTwitter](#)



Abraham-isms

Let go of the unicorn of “work-life balance”

There is only life & you choose what is important to you

A thoughtful no permits a strategic yes

Do Less. Better.

Time flies

Be the pilot

Living well is the best revenge

Embrace bold action & your pivot journey

You only get one chance to write your story; make sure it's worth telling.