

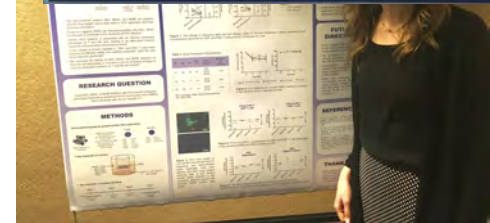
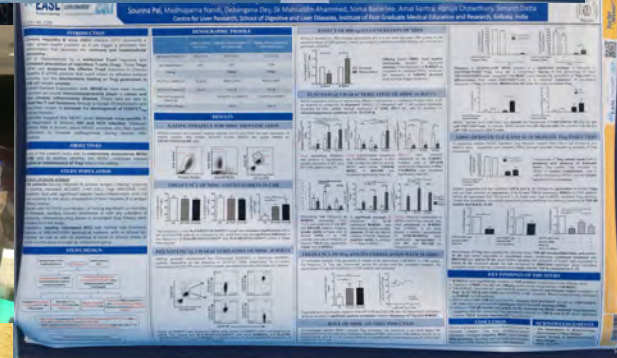
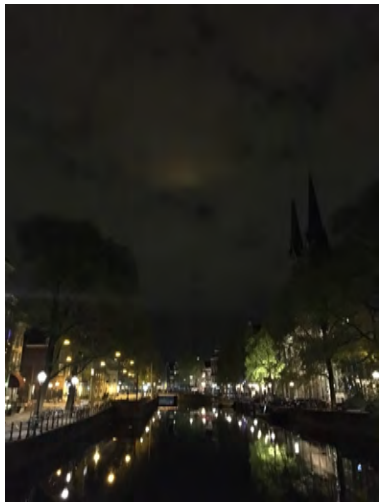
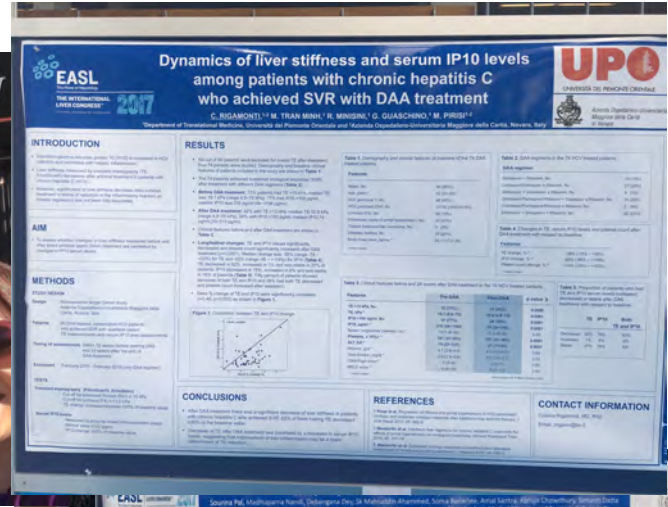
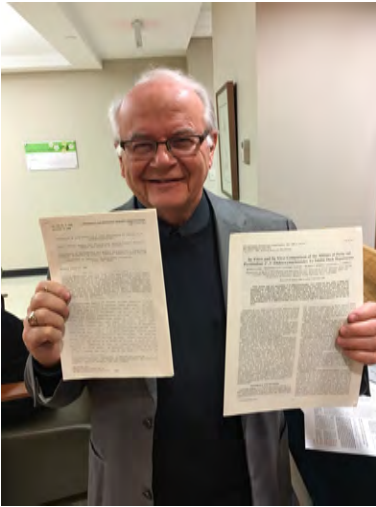
Staying sane and being successful in a new practice: what NOT to do

Lisa Barrett MD PhD FRCPC

Clinician Scientist

Dalhousie University

Disclosures: I love my life



“

Define success on
your own terms,
achieve it by your
own rules, and
build a life you're
proud to live.

”

Anne Sweeney

#WISEWORDS



Don't..... ignore Kenny Rogers



You gotta know when to hold 'em,
know when to fold 'em, know when
to walk away, know when to run.

— *Kenny Rogers* —

AZ QUOTES

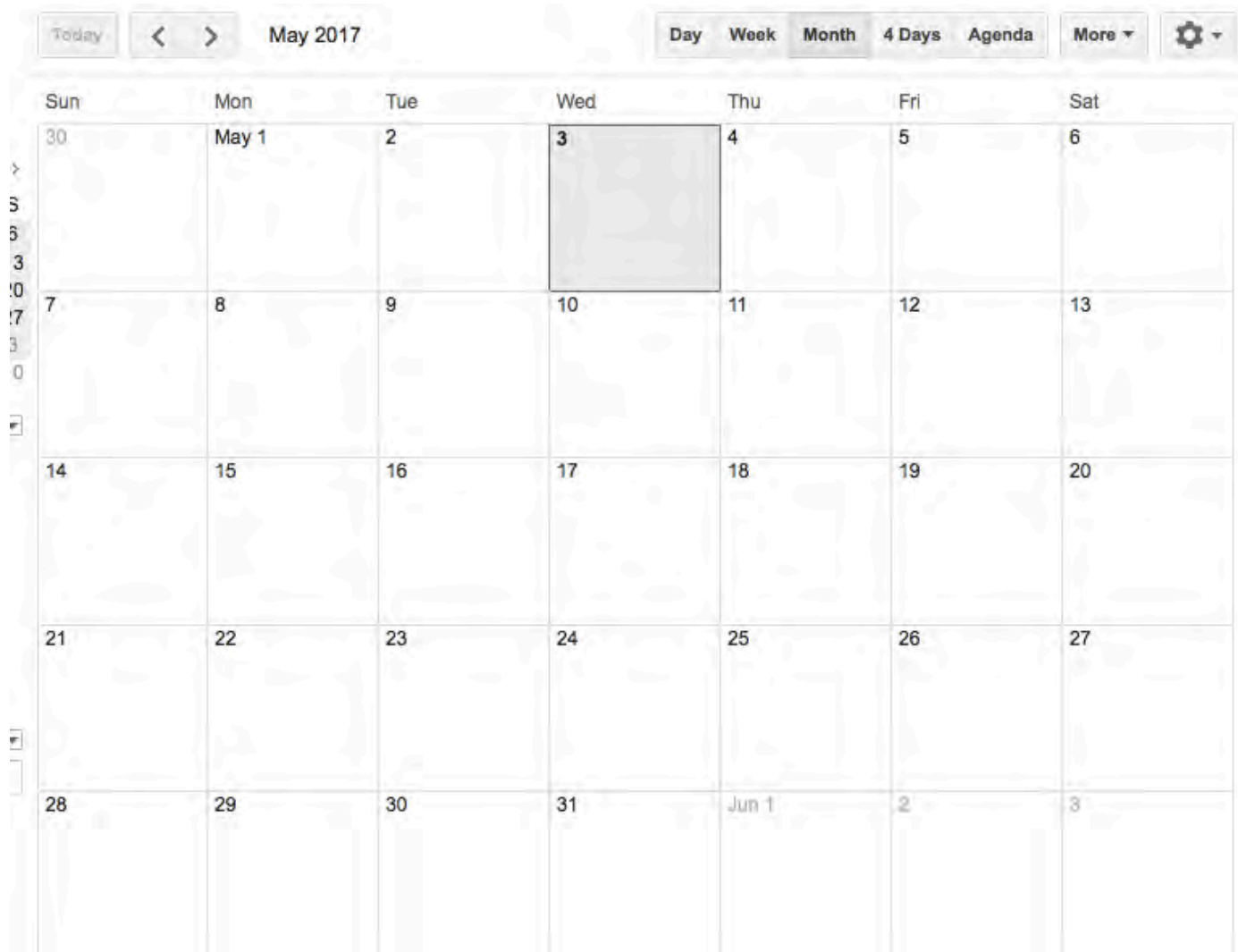
**YOU CAN
DO ANYTHING,
BUT NOT
EVERYTHING.**

-David Allen

**But that doesn't apply to
me....I'm more efficient
that those people**



Day 1 of your new career



	Sun 3/5	Mon 3/6	Tue 3/7	Wed 3/8	Thu 3/9	Fri 3/10	Sat 3/11
	Cddw and CanHepC Banff Stay at The Banff Centre 6th Canadian Symposium Alex Nelson took ED Ca J-R Melanson MSc appli		PEI-013 wk 60 EOS PEI-016 wk 60 EOS		Presentation in Cape Br	PEI-014 wk 60 EOS NSHA Catalyst Grant Du NSHRF deadline (2:00 p	
GMT-03							
10am			10:15 – 11 Plate Rounds		SAIL Planning Meeting Lisa's Office		
11am	11 – 12p GILEAD Breakfast - Patient Support	11 – 12p Sara's birthday	11 – 12p HIV rounds	11 – 12p Interesting Case Rounds 5110 Dickson	11 - Lisa Hannan- Gilead		
12pm	12p – 1:30p For Trainees & Mentors: CASL Paper Session 2			12p – 1p DOM Meeting Royal Bank Theatre			
1pm	Sir Edward Beatty/D.C. Coleman rooms: The 1:30p - MERCK (Estelle a	12:30p – 1:30p Seminar			1p – 3p EXCUSED - Research Committee 228 Rehab		
2pm	2p – 5:50p Flight from Calgary to Ottawa, departing at 11h00 (local time) - Modified on Invalid Date Air Canada - AC118		2p – 3p Ethics Meeting Dr. Shetty's off	2p – 3p Black, Melissa, McNeil HI Cafeteria		2p – 3p Meet with Dr. Hanly NSRC Rm 251	
3pm			2:30p – 3:30p FICVI- new start? (RN-	3p – 4p FICVI #0086- VISIT (overdue)			
4pm							
5pm							
6pm							
7pm	6:55p – 8:50p Flight from Ottawa to Halifax, departing at 17h55 (local time) - Air Canada - AC8636			7p – 9p Air Canada (Jazz) Flight 8812			
8pm					8:15p – 9:45p Air Canada (Jazz) Flight		

Today



Apr 9 – 15, 2017

Day

Week

Month

4 Days

Agenda

Sun 4/9

Mon 4/10

Tue 4/11

Wed 4/12

Thu 4/13

Fri 4/14

CAHR 2017

ID Research Day

Presentation Copy Due

EPISTEM 8 months pos

Request for Genome Ca

GMT-04

GMT-03

7am

8am

8am

9am

9am

10am

10am

11am

11am

12pm

12pm

1pm

1pm

2pm

2pm

3pm

3pm

4pm

4pm

5pm

5pm

6pm

6pm

7pm

7:30 - Pick up Andrea Cox

8 - 8
Grand Rounds
HI, Royal Bank Theatre9:30 - 12:15p
Oral Presentation (Lisa
to Escort Andrea to the
presentation)
MacInnes Room, Dalhousie
Student Union Building (SUB)12:15p - 1:15p
12:15 Lisa to
Andrea Cox
12:30p - 2p
Buffet
Lunch/Pres
entation

2:30p - Presentation - Ea

5:30p - 6:30p
Kenneth Rockwood

9:45 - FICVI #121 SVR12

10:20 - FICVI

10:50 - FICVI

11:20 - FICVI

12p - 1p
DOM Meetin
Royal Bank Th

1:30p - FICVI

2p - FICVI #

7p - 8p
France Mignault
Da Maurizio

8 - Case Discussion

8:30 - 9:30
Quality Rounds
library

9:45 - FICVI #121 SVR12

10:20 - FICVI

10:50 - FICVI

11:20 - FICVI

12p - 6p
DoM Research day
Pier 211:30p - 2:30p
Judging
DOM4:30p - 5:30p
Award for
best over

8:30 - PEI Nurse (phone)

9 - 5p
Research
Writing11 - 12p
HIV Quarterly
Clinic Meeting12:30p - 1
FICVI #9
AMBER

12:30p - Seminar

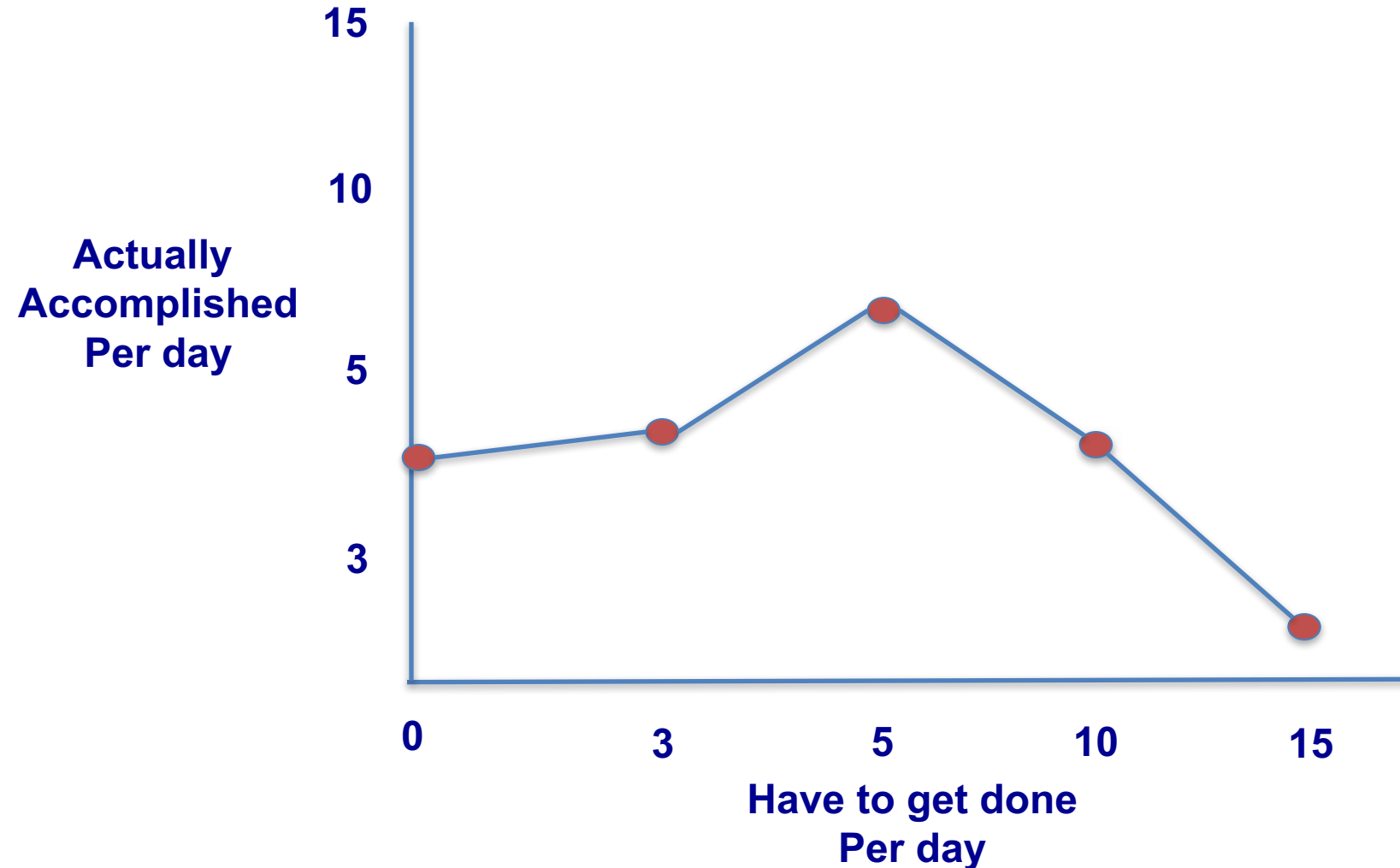
1:50p
2p - 3
SAIL
meet
TBD2p - 3
pote
ntial

7:15p - Pick up Andrea

7:30p - 8:30p
Bicycle4:45p - 10:30p
Air Canada Flight

	Sun 3/26	Mon 3/27	Tue 3/28	Wed 3/29	Thu 3/30	Fri 3/31
GMT-03		ILC 2017 Poster Deadlin	PEI-018 wk 40 (phone)	Clarissa B Birthday	Scotia Scholars Applicat	AMBER last recruitment
						Wally Schleich b day
						CLF operating grant app
						Request for Resident Re
9am		8:30 - PEI Nurse (phone) 9 - 5p Research Writing	Grand Rounds HI, Royal Bank Theatre	9 - 10 Clarissa Barrett office	8:30 - 9:30 RTC Meeting 9:30 - Scott Laing	
10am		10 - 11 meet with Jenn	10:15 - 11 Plate Rounds	10:15 - FICVI 10:30 - 11 SOS- P TBD	10:30 - 11:30 Mohamed S. Abdel Hakeem (CanHepC post)	10 - Request for Masters 10:30 - 11:30 Annika Ollner 416-324-4100 x 5287
11am		11 - 12p HIV rounds	11 - 12p Interesting Case Rounds 5110 Dickson	11:30 - Anna Roesler		
12pm		12:30p - 1:30 Seminar	12p - 1p Chera et al re: Cape Breton referrals	12:30p - 3p HIV Clinic	12p - 1p Hepatitis C treatment in marginalized patients - 1p - Andrea McCormick (I	
1pm			1:30p - 2:30p Practice Profile Meeting Dr. McNeil office	1p - 2 FICVI 11 & 1p - 2p DalMedF G- 1:50p FIC VI 2:20p - 3:2 FICVI #0086- VISIT		1p - 2p Health Canada reply #2 review with Jill
2pm		2p - 3:45p SAIL lab meeting TBD		3p - 4p FICVI #0086- VISIT -	3:15p - 4:15p Research HR - Jessica McNeil Office	
3pm			3p - Angela Mercier	3p - 4p Hepatit 1-888-		3:30p - 6p Geri Hirshe Retirement
4pm		4p - 5p Clinical Dial-in				
5pm		5:30p - Phillipe (MERCK)				
6pm			6p - 7p Kelson 1-969-9106			6p - 8:30p Hold for informal dinner discussion on Medical CERC Richard Florizone's home - 1460 Oxford St
7pm		7p - 8p HepNS board meeting		7p - 9p Rockwood	7p - 9p Dr. Remy	

The correlation between 'have to do' and 'done'



When and how to say no...

lessons from high school breakups

It's not you.

Maybe the next time.....

It's *me*.

Bad timing that's all.....

I'm not what you need right now.....

**We're better as friends
(not committee members together).....**

Don't..... ignore Kenny Rogers Part 2



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know when to fold 'em, know when
to walk away, know when to run.

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