

OBGYN Faculty Development

Build Your Team



None of us can build the life and career we want without the help of others. We live and design our lives in collaboration with our community. In this exercise, you will identify the people that will help you live according to your values, emphasize your strengths, work through challenges, and keep in constant pursuit of a satisfying, impactful, joyful life and career.

- **Unconditional Supporters:** List 3-4 people who will be there to support you and cheer you on - no matter what

- **Active Players:** List 3-4 people with whom you will need to work as you pursue new projects and take new career steps. At least 2 of these people should be different than those listed above.

- **Mentors:** List at least 3 people who currently serve as your mentor(s) or whom you would like to have as a mentor

- **Connectors:** List at least 2 people who can connect you to people or opportunities that you'd like to learn more about

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- **Accountability Partners:** List 4 people who you can rely on to hold you accountable to achieving your life and career goals
