

## **CORD 2019: Resident Talent Showcase**

We all have skills, talents, knowledge to share and so often we don't know all the cool things our colleagues can do!

Our residents come from diverse backgrounds that, while appreciated during the application process, are so often forgotten as soon as training starts. We explore opportunities to share these in ways that bring us together and enrich our team.

Not just a talent show!

- A way to share our non-medical sides
- Build a community and resilience
- Build a support network via shared interests

The teaching goes both ways:

We are so focused on medicine we forget the people behind the stress at work

This provides us a way to get to know and understand each other on a more personal level, fostering community, shared interests and stronger interpersonal bonds that contribute to wellness.

EXAMPLES:

- Talent show
  - An opportunity to teach something you know and love
  - Something non-medical
  - Doesn't have to be a performance, don't worry!
- Wellness newsletter
  - Monthly listing of fun local events, birthdays, get-togethers
  - Spotlight on a consultant, a staff member and a family member
- Applicant handout
  - Non-exclusive list of residents
  - e.g. married, with kids, with dogs, with neither etc
  - A way to highlight diversity, (without being exclusionary)
- Billboard of buddies
  - Pictures of a family member, kid, pet, partner etc.
  - Play a matching game
  - Friendly faces at work that share something about you

Summary:

So many opportunities to connect residents and faculty on a more personal level outside of medicine. Use these to foster connections, build resilience and bring some fun to work.