



Mini But Mighty Skills for Well-Being

*Leveraging Professional Societies to
Boost Your Professional Growth*



Lead Faculty



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Learning Objectives

- Describe how professional societies can serve as intentional career accelerators
- Apply a simple, strategic framework (People, Opportunities, Perspective) as a professional leverage
- Identify one actionable next step



Leveraging Professional Societies to Boost Your Professional Growth

Turning Membership into Momentum

You're Probably Underusing This Resource



Professional Societies Aren't Just Memberships — They Are Multipliers

- Most of us were never taught **how** to use professional societies
- They can feel overwhelming, expensive, or performative
- But used intentionally... they can be career-changing



Why Professional Societies Matter

At Every Career Stage

- They meet you **where you are**
- Their value evolves as **you grow**
- They offer **more** than what most institutions can provide alone



Professional Societies Matter Across Career Stages

Residents & Early Career Physicians

- Access to mentors beyond your institution
- Identity formation as a physician
- Early leadership and national exposure
- Platform to share academic & professional work
- A professional “home” for connection and collaboration



Professional Societies Matter Across Career Stages

Mid-Career and late-Career physicians

- *Pathway to re-energize purpose and meaning*
- *Sponsorship, visibility, and influence*
- *A seat at the table to shape the practice of medicine*
- *Opportunities to teach, mentor, and lead regionally /nationally*
- *Resource for community, creativity, and wellness support*



They Matter: The 3 Ways Professional Societies Accelerate Growth

- **People**
 - Mentors, sponsors, collaborators
 - Finding “your people” beyond your institution
- **Opportunities**
 - Speaking, writing, leadership, advocacy
 - Doors that don’t exist locally
 - Extending professional standing
- **Perspective**
 - Seeing what’s possible- creativity boost
 - Learning from others’ paths and missteps



Real-World Impact: Our Story

Katie's Journey

- Committee work MA ACP CECP → leadership co-chair MA CECP → national influence ACP National CECP
- Advocacy amplified through collective voice through ACP as delegate to AMA
- Teaching, mentorship, and innovation at scale as a presenter and on education committee
- Well-being Champion → ACP Career coach → Mentor to US/IMG physicians and trainees

Naseema's Journey

- Chair of the CT chapter DEI → member on the chapter's annual scientific meeting planning committee → role of the Chair → Women in Medicine Networking → student mentorship
- Member and Hospital Medicine content co-lead, national annual scientific meeting planning committee → Session Moderator
- ACP QI pre-course faculty → ACP I Raise the Rates Program → ACP Career coach → Mentor to US/IMG physicians and trainees
- Collaborative work with diverse colleagues



Starting Out: How to Be Strategic (Not Overwhelmed)

Start small:

- Join **one** society, one committee, one opportunity
- Commit to no more than 90-120 **intentional minutes per quarter**

Consider the Two-Question Filter:

Before saying yes, ask:

- *Does this align with who I'm becoming?*
- *Will this connect me to people or skills I want to grow?*

Scale the involvement up or down as appropriate



Tapping into Professional Societies

The Career Stage Playbook

Residents

- Join a council or interest group
- Submit a poster, blog, or workshop
- Find one mentor outside your institution
- Abstract competitions, Doctor's Dilemma[®] leadership in Resident/Fellow Councils

Early Career

- Join a committee with deliverables
- Say yes to one speaking or writing opportunity
- Review abstracts, posters, or workshops
- **ACP's Guided Fellowship Program** Helps early career physicians prepare for FACP over three years

Mid-Career

- Step into sponsorship and leadership
- Shape policy, education, or culture
- Use your voice to lift others
- **Physician peer coaching** and **group coaching sessions** support career development and professional fulfillment



What Holds People Back



“I’m not academic enough” → FALSE!!



“I have everything I need. What will I gain?”
→ Opportunities and connection



“I don’t have anything to add” → You need strategy, not self-doubt



“I’ll wait until later” → Start NOW



ACP Resources and Benefits

ACP Membership Benefits

- *Access to thousands of hours of **free CME/MOC** through the **Online Learning Center***
- ***Free** access to evidence-based clinical tools such as **DynaMedex®**.*
- *Board prep resources and career guidance (MKSAP)*
- *Abstract competitions & national forums*
- *Peer coaching and professional development programs*
- *Leadership opportunities locally and nationally*
- ***ACP's Career Connection** job board*

National /Chapter Meeting Benefits

- *Learn*
- *Showcase your work*
- *Forums for engagement and professional networking*
- *Calls for poster judges, reviewers, local and national committee membership*





Access additional well-being resources

www.acponline.org/minibutmighty

www.acponline.org/wellbeing

www.acponline.org/supporthub





Thank you

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