



Council of State and Territorial Epidemiologists

January 2021 Mentor Connection

Happy New Year and welcome to the Mentor Connection! If you haven't already completed and discussed the goal setting worksheet, be sure to do so by the end of January. Activities in the next couple of months will help to further develop your relationship and meaningfully contribute to your professional development.

Basecamp

- If you have not yet joined the Basecamp group, you can do so [here](#). Please reach out to Symone Richardson at srichardson@cste.org if you are unable to join.
- Please check out the message board feature on Basecamp. We encourage you to start your own discussion thread on a professional development topic that interests you.
 - Feel free to add to the "Articles to Share" folder.
- If your agency has blocked access to Basecamp, please consider using the mobile app or using a personal email address. Please reach out to Symone Richardson at srichardson@cste.org if you encounter any issues.

CSTE Announcements

- The next [CSTE Annual Conference](#) will be held in Pittsburgh, Pennsylvania

- The next [CSTE Annual Conference](#) will be held in Pittsburgh, Pennsylvania on June 13 - June 17, 2021. The theme is “Building Bridges to Health.”
- [The CSTE Applied Epidemiology Fellowship](#) application closes January 15, 2021.
 - Email aef@cste.org for questions.

Upcoming Tasks

Please complete each task individually and set up a time to discuss together. You can set separate internal deadlines for each task or have a longer conversation about both at once. The activities have been posted on Basecamp.

- Goal setting exercise (Due at the end of January) *Located in “Docs & Files” on Basecamp.*
 - The goal setting exercise is intended to help facilitate conversation between the mentor and mentee about goals and expectations for the program.
- GPS•R exercise (Due at the end of February) *Located in “Docs & Files” on Basecamp.*
 - The GPS•R exercise is intended to have the mentor and mentee consider future career goals, support systems, career development, and self-reflection.

Optional Activities

- [Certifications for Public Health Professionals](#) – *Located in “Docs & Files” on Basecamp*
 - CSTE has compiled a [list of credentials](#) available to public health professionals. Consider what credentials may be beneficial for your career.
- [Judicial Trends in Public Health 2020: Year in Review](#): January 19, 2021 at

1:00 pm EST

- From the Network for Public Health Law: 2020 was one of the most dynamic years in public health law and policy in modern history due to the unprecedented COVID-19 pandemic, substantial shifts in national and state politics leading up to and after the Presidential election, and changes to the U.S. Supreme Court. Some of the most sensational developments are seen via the array of judicial decisions monitored and reported throughout the year in the Network's Judicial Trends monthly e-newsletter. Click [here](#) to register for this webinar on January 19.
- [Designing Effective Meetings Virtual Workshop](#): January 15, 2021 at 11:00 am EST
 - From the Center for Public Health Practice, Colorado School of Public Health: Designing meetings so they are focused, effective, and engaging is a key leadership skill. Whether you lead a community coalition, an accreditation or QI team, workgroup or committee meetings, stakeholder planning sessions, or other types of meetings, this virtual workshop will provide you with strategies and techniques to help you keep your meetings on point, engaging, and action-oriented. This workshop focuses on how to plan and structure a meeting to achieve your desired outcomes. Click [here](#) to register.

Suggested Discussion Topics

Mentors and mentees should be communicating regularly, at least once a month throughout the program. These meetings can happen via video or phone call, email, or instant messenger—whatever works for you!

We will be providing some general discussion topics in each monthly Mentor Connection to help guide your conversations. See the list below for some ideas for this month:

- Discuss self-assessment and goal setting exercise results
- Other suggestions for discussion include:

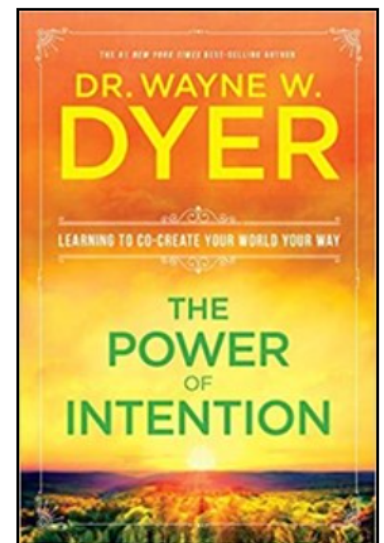
- Networking
- Balancing hard skills (technical skills, database management, writing, facilitating/presenting) vs. soft skills (problem-solving, working in teams)
- Resume/CV development
- Transitioning between positions within your agency

What Are You Reading?

What are you reading? We'd like to know, so tell us how you're expanding your mind these days, either personally or professionally (i.e., fiction or non-fiction, fantasy, graphic novels, etc.) and we'll share them in each Mentor Connection. Submit authors and titles with a brief summary and critique to srichardson@cste.org and we'll take it from there.

This month's recommendation is, "[The Power of Intention](#)" by **Wayne W. Dyer**.

From Amazon: "Intention is generally viewed as a certain kind of determination propelling one to succeed at all costs by never giving up on an inner picture. In this view, an attitude that combines hard work with an indefatigable drive toward excellence is the way to succeed. However, intention is viewed very differently in this book. Dr. Wayne W. Dyer has researched intention as a force in the universe that allows the act of creation to take place.



This book explores intention— as something you do— as an energy you're a part of. We're all intended here through the invisible power of intention. This is the first book to look at intention as a field of energy that you can access to begin co-creating your life with the power of intention. Part I deals with the principles of intention, offering

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life with the power of intention. Part I deals with the principles of intention, offering true stories and examples on ways to make the connection.

Dr. Dyer identifies the attributes of the all-creating universal mind of intention as creative, kind, loving, beautiful, expanding, endlessly abundant, and receptive, explaining the importance of emulating this source of creativity. In Part II, Dr. Dyer offers an intention guide with specific ways to apply the co-creating principles in daily life. Part III is an exhilarating description of Dr. Dyer's vision of a world in harmony with the universal mind of intention.

Note: While CSTE recommends these books for casual reading, the themes and ideas contained are those of the author, and CSTE does not necessarily endorse or promote them as part of the organizational mission/vision.

Get Inspired!

What inspires you? We will use this section to share motivational and thought-provoking content relevant to public health, professional growth, or other topics that you find meaningful to your work. Submit your favorite online articles, videos, podcast episodes or series, etc. to srichardson@cste.org to be featured in the next Mentor Connection.

This month we would like to highlight:

- [Language That Works to Improve Vaccine Acceptance: Communications Cheat Sheet](#) – deBeaumont Foundation
- [Why Intersectionality Captivates Early Career Public Health Folks?](#) – American Journal of Public Health Podcast



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