



Council of State and Territorial Epidemiologists

June 2021 Mentor Connection

Greetings, mentors and mentees! As we move into June, it's time to start thinking about wrapping up our program. The Implementation Intention exercise is your last official activity with your mentor/mentee(s)!

Basecamp Highlight

- We encourage you to continue to use Basecamp to engage with others beyond your assigned mentor/mentee(s). Feel free to send direct messages through the “Pings” feature. Basecamp will remain open for you to connect with other participants after the end of the program in July.
- Check out this [discussion thread](#) on Basecamp regarding mentor and mentee highlights. Contribute to the discussion by sharing something you and your mentor have worked on together or a way your mentor has helped you.
- Please visit the [Message Board](#) to view our Virtual Mentor Panel and find mentor’s answers to some of your pressing questions regarding the field of public health. Feel free to add a comment to any of the panelist’s discussion threads to ask any additional questions.
- Visit this [discussion thread](#) on Basecamp to share your experiences presenting at virtual conferences, tips and strategies learned along the way and any questions you may have for your colleagues as you prepare for upcoming presentations.

Final Program Evaluation

The final program evaluation is your opportunity to provide feedback to CSTE, so

evaluation will be open through July 23. After you complete your evaluation, you will receive your certificate of program participation via email.

Please email Sarah Auer at sauer@cste.org if you have questions regarding the evaluation or if you do not receive your personalized email by June 7.

Upcoming Tasks

Please complete each task individually and set up a time to discuss together.

Click the link to view and download – specific instructions are included within the document.

- [Implementation Intention exercise](#) (Due at the end of June) Located in “Docs & Files” on Basecamp.
 - The purpose of this exercise is to help you re-examine goals set during the goal setting exercise at the beginning of the program and convert lessons learned into actions. Participants should spend up to 1 hour on the activity and then discuss with your mentor/mentee(s).

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!

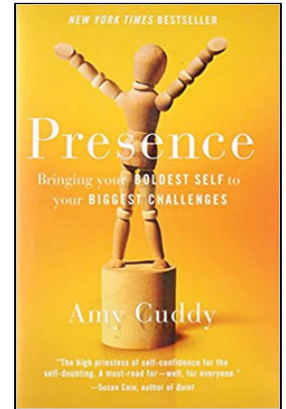
- Discuss how you want to approach your professional development moving forward.
 - What are some strategies you can use?
- What topics would you like to prioritize in the final two months of the mentorship program?
 - Discuss tips for professionalism and maintaining relationships while working remotely.

What Are You Reading?

This month's recommendation is *Presence: Bringing Your Boldest Self to Your Biggest Challenges* by Amy Cuddy.

From Amazon:

Have you ever left a nerve-racking challenge and immediately wished for a do over? Maybe after a job interview, a performance, or a difficult conversation? The very moments that require us to be genuine and commanding can instead cause us to feel phony and powerless. Too often we approach our lives' biggest hurdles with dread, execute them with anxiety, and leave them with regret.



By accessing our personal power, we can achieve "presence," the state in which we stop worrying about the impression we're making on others and instead adjust the impression we've been making on ourselves. As Harvard professor Amy Cuddy's revolutionary book reveals, we don't need to embark on a grand spiritual quest or complete an inner transformation to harness the power of presence. Instead, we need to nudge ourselves, moment by moment, by tweaking our body language, behavior, and mind-set in our day-to-day lives.

Amy Cuddy has galvanized tens of millions of viewers around the world with her TED talk about "power poses." Now she presents the enthralling science underlying these and many other fascinating body-mind effects and teaches us how to use simple techniques to liberate ourselves from fear in high-pressure moments, perform at our best, and connect with and empower others to do the same.

Brilliantly researched, impassioned, and accessible, *Presence* is filled with stories of individuals who learned how to flourish during the stressful moments that once terrified them. Every reader will learn how to approach their biggest challenges with confidence instead of dread, and to leave them with satisfaction instead of regret.

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 sauer@cste.org to be featured in the next Mentor Connection.

- [*The Next Surge REVISITED: The Behavioral Health Crisis Following COVID-19*](#) (podcast)
- [*Empowering Underserved Communities*](#) - Public Health Epidemiology Careers (podcast)



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