

November Mentor Connection

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Council of State and Territorial Epidemiologists

November 2021 Mentor Connection

Welcome to the CSTE Mentorship Program! We are excited to have you on board for what we hope will be a meaningful and rewarding experience. The purpose of the mentorship program is to provide an opportunity to build relationships and foster shared learning among applied epidemiologists. The goal of the program is to promote the exploration of state, tribal, local and territorial (STLT) career opportunities.

Announcements

- 2021 CSTE Mentorship Program Orientation
 - [If you missed the live session, watch the recording. Or review the slides.](#)
 - The recording and webinar slides will also be available on the Basecamp site.
- The next [CSTE Annual Conference](#) will be held in Louisville, Kentucky on June 19-23, 2022. The call for abstracts opened November 2, 2021 and will close on January 6, 2022.
- Save the date: The Early Career Professionals Subcommittee is hosting a webinar on December 15 at 3:00 pm EST featuring a panel of public health professionals who have taken different paths in epidemiology. We hope that all mentees and mentors will be able to join.

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

- [Self-assessment](#) (Due at the end of December)
- [Goal setting exercise](#) (Due at the end of January)

Basecamp Highlights

We will be using Basecamp as a tool to communicate as a program, but also within mentor and mentee groups. We hope this will be a way for mentors to share tips and resources on mentoring

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your own resources under the "Articles to Share" folder. [Click here to join Basecamp if you have not already done so.](#)

Basecamp is the main way we will communicate with you during the Mentorship program, with the exception of the newsletters that arrive via email. To modify your notification settings in Basecamp, click the avatar in the upper right-hand corner and select "Change your notification settings".

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 encourage you to participate in at least one video/Skype meeting so you can "meet" each other face-to-face.

We will be providing some general discussion topics in each monthly Mentor Connection that can help guide your conversations. See the list below for some ideas on how to kick-off your mentoring relationship!

- Introductions (What brought you to public health? What are your epidemiology areas of interest? What specific skills do you have expertise in and others you want to learn more about?)
- Current projects you are working on
- Goals for the program (see the [goal setting exercise!](#))
- Strategies for scheduling and hosting future check-ins

Tips for Personal Growth

In this section, we will share tips and tricks for enhancing your professional growth and leadership skills.

- [Rediscover Joy at Work](#) by Rebecca Newton

Key strategies:

- **Build your strengths into your day.** Ask yourself: "When are recent times that I've felt energized at work? In these situations, what was I doing?" Then carve out time in your schedule for those sorts of tasks.
- **Share with a trusted colleague.** Identify a few people you feel comfortable opening up to, and in one-on-one conversations, reflect on what you've experienced over the last year. You could share what's been challenging but also what you're grateful for.
- **Rebuild relationships through work.** To combat feelings of isolation, reconnect with colleagues — and it's OK to talk about work. Try a "walk and talk" with coworkers to understand what's most important to them right now or areas of mutual interest. This connection will not only bolster your own sense of energy and joy, it will also benefit the entire team.

Citation: Newton, R. (2021). Rediscover Joy at Work. Harvard Business Review.

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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 WFResources@cste.org and we'll take it from there.

This month's recommendation is *The Imposter Cure* by Dr. Jessamy Hibberd.

From Amazon:

"Imposter syndrome is a phenomenon in which people believe they are not worthy of success. They convince themselves that they have done well due to luck and are terrified their shortcomings will eventually be exposed, making it impossible to enjoy their accomplishments.

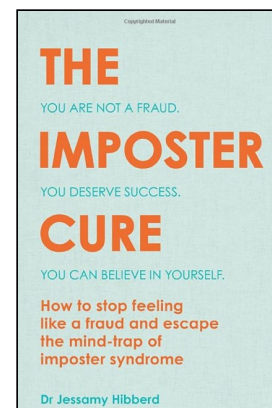
The Imposter Cure explores the psychological impact of imposter syndrome and exposes the secrets fears and insecurities felt by millions of men and women. Dr Jessamy Hibberd provides sound expert advice to help the reader better understand the problem and overcome it, so they think differently, gain self-belief and learn to see themselves as others do.

Filled with case studies to bring the concepts alive and packed with strategies to increase confidence, this book is a must-read for anyone who has struggled with their achievements."

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



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

[Harvard T.H. Chan Voices in Leadership – Mayor Keisha Lance Bottoms](#)

This series invites leaders to speak candidly about their experience as forerunners in their area of expertise. The program is produced in [The Leadership Studio](#) for a private audience and webcast live around the world. Highly interactive, the videos are then posted with searchable transcripts for future viewing. Learn about effective decisions and ones that failed. Hear behind-the-scenes stories from newsworthy events. Engage with accomplished leaders as they reflect on their careers and share lessons learned.”

[Healthy You Podcast](#)

Healthy You explores the public health landscape and how it impacts your personal health and wellbeing. Whether you're looking to start a career in public health, make a change in your life, or just learn something new, this is the perfect podcast for you.”

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