

December Mentor Connection

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Council of State and Territorial Epidemiologists

December 2021 Mentor Connection

Happy Holidays! As we close out 2021 and begin to think over some resolutions for the new year, consider adding a goal that meaningfully contributes to your professional development.

Basecamp

- If you have not yet joined the Basecamp group, you can do so [here](#). Please reach out to Sarah Auer at sauer@cste.org if you are unable to join the group.
- 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.
- Contribute to the discussion thread by sharing something you and your mentor have worked on together or a way your mentor has helped you.
- Feel free to add to the “Articles to Share” folder.

Announcements

- The next [CSTE Annual Conference](#) will be held in Louisville, Kentucky on **June 19-June 23, 2022**.
 - [Abstract submission](#) is open and will remain open until **January 6, 2022**.

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*
 - This goal setting exercise is intended to help facilitate conversation between the mentor and mentee about goals and expectations for the program.

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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 while working remotely
 - Managing work/life balance over the holiday season
 - 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

Tips for Personal Growth

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

- [Be intentional about how you spend your time off](#) by Laura M. Giurge and Vanessa Bohns

With the holiday season around the corner, you might be taking some well-deserved time off. How can you make the most of it? It may seem counterintuitive, but research has shown that people who set personal goals to achieve during their downtime — such as seeing friends, pursuing a hobby, or even organizing a closet — report being happier than those who prioritize more passive “rest and relaxation” (i.e., sitting around in your pajamas watching TV or playing video games). Think of this approach as proactive recovery that helps you recuperate from the daily grind. Whatever your goals are, the important thing is that you lay out a plan. One caveat: This doesn’t mean you should treat these goals like a to-do list. Stay flexible — this is your time off, after all! But ultimately, feeling like you’ve made the most of your vacation days will give you a sense of pride, accomplishment, and happiness that will fuel you when it’s time to get back to work.

Citation: Giurge, L. and V. Bohns. (2021). Be intentional about how you spend your time off. *Harvard Business Review*.

What Are You Reading?

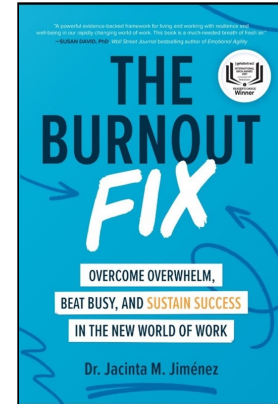
What are you reading? We’d like to know, so tell us how you’re expanding your mind these days, either personally or professionally (i.e., fiction or non-fiction, fantasy, graphic novels, etc.) and we’ll share them in each Mentor Connection. Submit authors and titles with a brief summary and critique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

This month’s recommendation is *The Burnout Fix* by Dr. Jactina M. Jimenez

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From Amazon:

“An evidence-based resilience toolkit to help you find better, more sustainable ways to succeed at work and life. In *The Burnout Fix*, the award-winning psychologist and board-certified leadership coach Dr. Jacinta M. Jiménez shows you how to harness science-backed resilience strategies to survive, and thrive, in today’s “always on, always connected” world—where a reported 60% of employees report being stressed out all or most of the time at work.



Packed with compelling, real-world stories from years of coaching and the latest research in positive, social, and motivational psychology, *The Burnout Fix* shows how neglecting to nurture your personal pulse can undermine all your efforts at working harder and “smarter.” You’ll learn how integrate healthy personal “PULSE” practices into all aspects of your life, from pacing for performance and leveraging leisure time to securing a support system and evaluating how to regain control of your time and priorities.

Whether you are an individual who wishes to build out a set of lasting resilience capabilities, a leader dedicated to keeping your team or organization engaged and flourishing, *The Burnout Fix* will reshape the way you think about success while giving you—and your people—the tools and strategies you need to thrive.”

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.

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work. Submit your favorite online articles, videos, podcast episodes or series, etc. to WFResources@cste.org to be featured in the next Mentor Connection.

- [Infectious Questions: An Infectious Diseases Public Health Podcast](#) (podcast) - "A public health podcast produced by the National Collaborating Centre for Infectious Diseases (NCCID), "Infectious Questions" connects those with infectious disease questions to those with the answers."
- [Addressing burnout in your resume, interview, and career](#) (article)

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