

Title:

Charting Your Roadmap to Achieve Your Dreams: Accelerate Continuing Professional Development (CPD) Journey with Goals, Plans, Actions (GPAs)

Speaker:

Prof Hoai-An Truong, PharmD, MPH, FNAP, FAPhA, Professor and Public/Global Health Pharmacist

Abstract:

What's your dream and imagination to live out your passion and achieve a successful career? How do you define and/or realize success? How is your educational journey and career aspirations aligning? There is a saying that "Dreams are goals with deadlines" so it's really for those who plan and take actions with timelines. Although being inspired and having high grade point average (gpa) is a start, it is essential to reflect on your life, including educational journey, to develop and implement specific, measurable, achievable, relevance and time-based (SMART) Goals with Plans and Actions (GPAs). Collectively, these GPAs provide a stepwise approach to pursue passion and career for a purposeful life.

During this interactive seminar/workshop, practical guidance and strategies for creating continuing professional development (CPD) with GPAs will be provided to accelerate motivations to career paths. Specifically, participants will reflect on their educational journey and prepare for their career, including potential post-graduate training opportunities within pharmacy, or cross credentials beyond pharmacy. Examples of distinctive careers and credentials such as those in public/global health, master or certified in public health, disaster/emergency preparedness and response, sports pharmacy, etc. will be shared. Finally, the importance of mentorship, evaluation and documentation will be discussed because those facilitate, monitor, and close the loop for navigating a rewarding career and life journey.