### Advancing Your Career: Communication, Emotional Intelligence, and Resilience

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No Disclosures

### Communication as a Career Catalyst



Importance of effective communication in career progression

Communication skills for leadership and collaboration

# Enhancing Communication in the Workplace

Strategies for assertive and clear communication



Navigating difficult conversations and negotiations



Building a professional network through effective communication

### Emotional Intelligence in Career Development



Role of Emotional Intelligence in leadership and professional growth



Emotional Intelligence as a tool for managing workplace dynamics

## Developing and Applying Emotional Intelligence

Self-awareness and self-regulation strategies Empathy:
Understanding and
leveraging in a
clinical setting

Building strong professional relationships through Emotional Intelligence

#### Overcoming Career Barriers

Common challenges faced by women physicians in career advancement

Role of communication and Emotional Intelligence in overcoming these barriers

### Strategies for Overcoming Barriers

Practical tips for addressing gender bias and work-life balance

Overcoming challenges

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#### Conclusion

- Key Points
- ► Final Thoughts: Empowering women in medicine through skill development