

## Rejuvenation: Bringing Energy and Passion to Your Work

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## Biography

**Dr. Bogdewic** is the Dr. George W. Copeland Professor of Family Medicine and Executive Vice Dean at Indiana University School of Medicine.

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## Learning Objectives

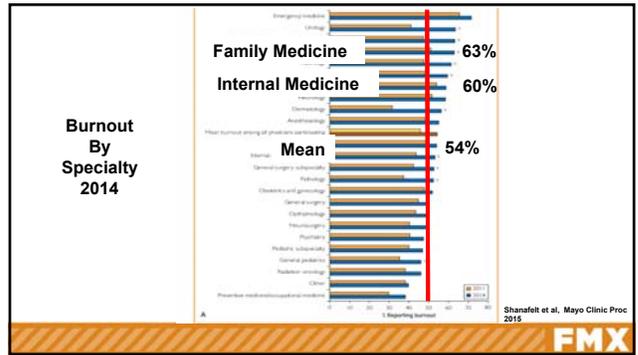
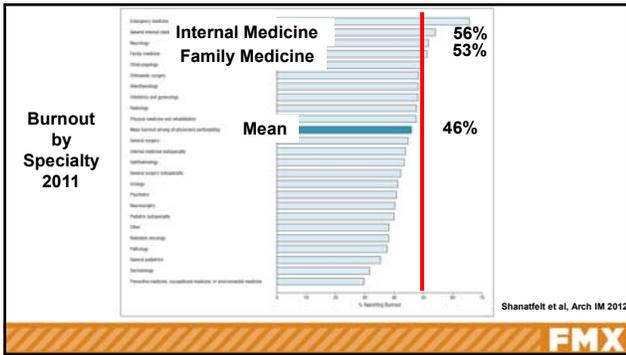
1. Conduct a brief systems audit of factors that consume energy and passion in the office practice.
2. Define personal attributes that contribute to creating energy in the office practice.
3. Examine a foundation strategy for enhancing the energy and satisfaction for both provider and office staff, and for increasing patient satisfaction.

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## Audience Engagement System

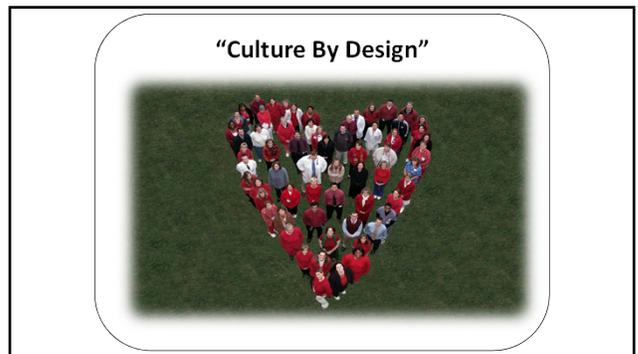
The image shows three sequential screenshots of a mobile application interface. Step 1 is the home screen with a grid of icons for various features. Step 2 shows a list of CME events with details like time and location. Step 3 shows the details for a specific event titled 'CME011 Acute Coronary Syndromes: Unchain My Heart'.

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**Culture eats strategy for lunch!**

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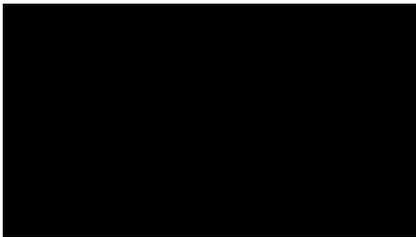




## A Case Study in Culture

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Welcome to Seattle!

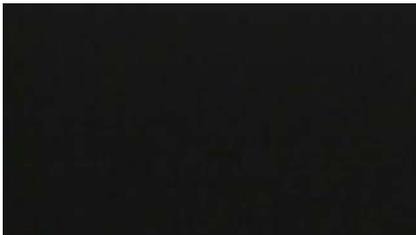


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- Personal impression of the film *FISH*
- Can you adopt this philosophy in your practice?
- Are you already doing things in your practice that incorporate the FISH Philosophy?

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Maestro



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Which is the most challenging to implement?

- A. Play
- B. Make Their Day
- C. Be There
- D. Choose Your Attitude

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Please jot down the initials  
of a person or a situation  
that bugs you ...  
a pain in the neck ...  
pushes your buttons ....

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"A" "C"  
ACTION → CONSEQUENCE

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"A" "C"  
ACTION → CONSEQUENCE



Violate my space!

→ *ANGRY!!*

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**A - B - C**

ACTION → CONSEQUENCE  
BELIEF(S)

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**A - B - C**

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**A - B - C**

Remember the initials you jotted down a few minutes ago? No one makes you say those things to yourself. They are your choice.

Do they work well for you? Do they help rejuvenate you?

How might you alter what you tell yourself about this person or situation so you are less drained by them? You have that **power**. It is your **choice**.

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Everyone Please Stand Up



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Insanity...."doing the same thing over and over again and expecting different results." (*Einstein*)

To change the culture of your practice you and your colleagues must do something different!

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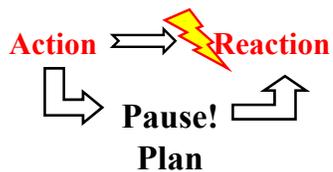
**CHANGE**  
**one**  
**thing**

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## One Thing

- Please share with one colleague here today one thing you will commit to doing differently upon return to your practice.

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"Say...what's a mountain goat doing way up here in a cloud bank?"

## Questions & Hopefully Answers

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## Practice Recommendations

- Convene a practice meeting to discuss how the “**FISH**” concepts of Play, Make Their Day, Be There and Choose your Attitude already exist or can be increased in your practice.
- Select one small aggravating situation and apply the **A-B-C** principle to it. Consider sharing this with a colleague in your practice as a way of strengthening your resolve to choose your attitude.

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## Presenters

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