



# How to develop your Career and Leadership skills?

2024.6.7(Fri) / 第11会場  
9:10-11:10 (国立京都国際会館)



ポケトーク対応!

## Program

### Introduction

青山 裕美 (川崎医大)  
岸部 麻里 (旭川医大)

### Organizer

多田弥生 (帝京大)  
山口由衣 (横浜市立大)



#### ● How to develop your career and leadership skills

Jean L. Bologna  
(Yale University School of Medicine,  
New Haven, CT, USA)



#### ● How to develop your career and leadership skills

John A. McGrath  
(St John's Institute of Dermatology, King's  
College London, London U.K.)



#### ● Career and Leadership Development Lessons for Japanese Dermatologists

Pawinee Rerknimitr  
(Department of Medicine, Chulalongkorn University,  
Bangkok, Thailand)



#### ● Fostering Gender Equity in Academic Dermatology

Dedee F Murrell  
(The George Institute for Global Health,  
University of NSW, Sydney, Australia)



#### ● Career and Leadership Development. Lessons for Japanese Dermatologists

山本 明美  
(旭川医科大学皮膚科)

## 第2部

## Roundtable discussion

～望ましいリーダーとは？実現する為の現状の問題点～ (申込制)

プログラム内で40分程のグループディスカッション (GD) の時間を設けています。

一緒に望ましいリーダー像や問題点の解決策について  
ざっくばらんに議論しませんか？

各国の著名な演者とお話ができるまたとない機会です。  
ぜひお気軽にご参加ください♪  
ご参加希望の方は英語表記の名刺をご持参ください。

※GDは日本語で行います。お気軽にご参加ください。  
※聴講のみのご参加の場合、事前申込みは不要です。

GDのお申込みはこちら



申込〆切 5.24(Fri)



## 会頭特別企画 How to develop your career and leadership skills?

オーガナイザー

多田弥生 (帝京大)

山口由衣 (横浜市立大)

[レベル: Advanced/Update]

目的

日本の皮膚科医がキャリアを積み重ね世界に羽ばたくには、ダイバーシティを含めた多くの問題が指摘されている。本セッションは、各国から演者をお招きし、キャリア形成やリーダーシップスキルに関してご講演いただく会頭特別企画である。演者から日本の皮膚科医に向けてアドバイスをいただきながら、参加者で望ましいリーダー像や問題点の解決策について議論し、より良いキャリア形成の一助とすることを目的とする。

内容

1. キャリア形成における日本の皮膚科医の現状を把握する。
2. 世界をリードする各国の皮膚科医より、キャリア形成やリーダーシップのノウハウを学ぶ。
3. 望ましいリーダー像についてグループディスカッションで議論する。
4. ダイバーシティを含めたキャリア形成における問題点の解決策を探る。

9:10~9:20	イントロダクション 青山 裕美 (川崎医大) 岸部 麻里 (旭川医大)
9:20~9:35	EL24-1 How to develop your career and leadership skills
9:35~9:50	EL24-2 How to develop your career and leadership skills
9:50~10:05	EL24-3 Career and Leadership Development— Lessons for Japanese Dermatologists
10:05~10:20	EL24-4 Fostering Gender Equity in Academic Dermatology
10:20~10:35	EL24-5 Career and Leadership Development. Lessons for Japanese Dermatologists
10:35~11:10	Roundtable discussion 望ましいリーダーとは？実現する為の現状の問題点

### EL24-1

#### How to develop your career and leadership skills

Jean L. Bologna

Yale University School of Medicine, New Haven, CT, USA

While planning ahead and having future goals can lead to success, one also needs to embrace fate. It is important to self-identify talents, maintain passion, and then compartmentalize in order to maintain focus and avoid distractions. Establishing a gig or two based upon hard work, synthesis, and constant curiosity is an additional key endeavor. Early on, having confidence may be difficult but over time and as experience grows, so will confidence but it must be balanced by humility. One must learn how to say no and sometimes this is the most difficult skill to acquire. Leaders also question dogma, simplify rather than complicate, remain flexible and openminded, help the careers of others, possess high standards without becoming elitists, and maintain a strong moral compass. By combining courage and integrity, one builds trust. The best compliment one can receive is “I trust you” and this is key for any leader.

## EL24-2

### How to develop your career and leadership skills

John A. McGrath

St John's Institute of Dermatology, King's College London, London U.K.

Developing career and leadership skills is crucial for doctors to excel in their profession. Pieces of advice include (a) engaging in continuous learning (stay up to date, attend meetings, network), (b) build strong communication skills (patients, colleagues), (c) cultivate leadership skills (take on roles, lead by example), (d) networking (join societies and connect), (e) seek out mentorship (mentor/mentee, collaborate), (f) be adaptable (embrace the new), (f) work on time management skills (prioritize), (g) embrace leadership training (personal/team), (h) engage in quality improvement (patient care, healthcare), (i) reflect on work-life balance, (j) be an advocate for patients, (k) seek feedback, (l) deliver on your professional development plans (assess and adjust), (m) develop skills in public speaking and writing, (n) be a role model for ethical decision making (maintain codes of conduct). Achieve all this and your career will be on a fast track!

## EL24-3

### Career and Leadership Development—Lessons for Japanese Dermatologists

Pawinee Rerknimitr

Department of Medicine, Chulalongkorn University, Bangkok, Thailand

As a dermatologist in Thailand, career advancement and leadership skill development require a strategic combination of continuous learning, practical experience, and targeted research focused on local dermatological needs. Keeping abreast of the latest advancements through educational activities is essential. Engaging in research that addresses specific skin conditions prevalent in Thailand is crucial, as it not only enriches practical knowledge but also contributes significantly to the regional healthcare landscape. Developing soft skills, especially in communication and emotional intelligence, is fundamental for effective patient interaction and team leadership. Actively seeking feedback, pursuing mentorship, and building networks within the medical community are vital for professional growth. Embracing leadership roles in clinical settings and research initiatives enhances hands-on experience. Maintaining a balance between professional responsibilities and personal well-being is key to resilience and adaptability in a dynamic healthcare setting. This comprehensive approach, which integrates clinical practice with research attuned to local needs, aims to elevate both clinical and leadership excellence in Thai dermatology.

## EL24-4

### Fostering Gender Equity in Academic Dermatology

Dedee F Murrell

The George Institute for Global Health, University of NSW, Sydney, Australia

In many western countries it has only been in the last century that women were permitted to study medicine and many were forbidden from continuing to work when married and when pregnant. Access to specialist training was therefore initially mainly for spinsters. Dermatology is now one of the most female-friendly specialties in medicine and highly competitive to enter compared to other branches of medicine. Despite the high academic achievements of women entering dermatology, the statistics show that the majority of female dermatologists work in either public hospital service positions or private practice and that there is a gender bias against women in academic dermatology, particularly in the SE Asian region. This lecture will focus on the facts and look at ways in which gender equity in academic dermatology is being fostered in the United States, Canada, Australia, the UK and the EU. Eastern Europe and some middle eastern countries, including Israel and Iran, have been fairer to women in dermatology.

## EL24-5

### Career and Leadership Development. Lessons for Japanese Dermatologists

山本明美

旭川医科大学皮膚科

日本人のキャリア形成の障壁の一つはインポスター症候群、自分の能力や実績を認められない状態で、「自分に能力があるかのように周囲を欺いている」という感覚である。また完璧主義、失敗は許されないという考えも障壁となる。何らかの挫折を味わった後の立ち直りも課題である。これらをどう克服するか、自分自身の経験や書物から得た知見をもとにお話する。One common barrier to career development for Japanese is imposter syndrome, a state in which people are unable to recognize their abilities and feel that they are deceiving those around them. Perfectionism and the idea that failure is not an option are also barriers. Another challenge is how to get back on your feet after experiencing some sort of setback. I will talk about how these barriers can be overcome, based on my own experience and knowledge from books.