



Centre for
Heart Lung Innovation
UBC and St. Paul's Hospital



Career Paths and Personal Growth

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Disclosure / Conflict of Interest

- I have no conflicts with respect to this presentation

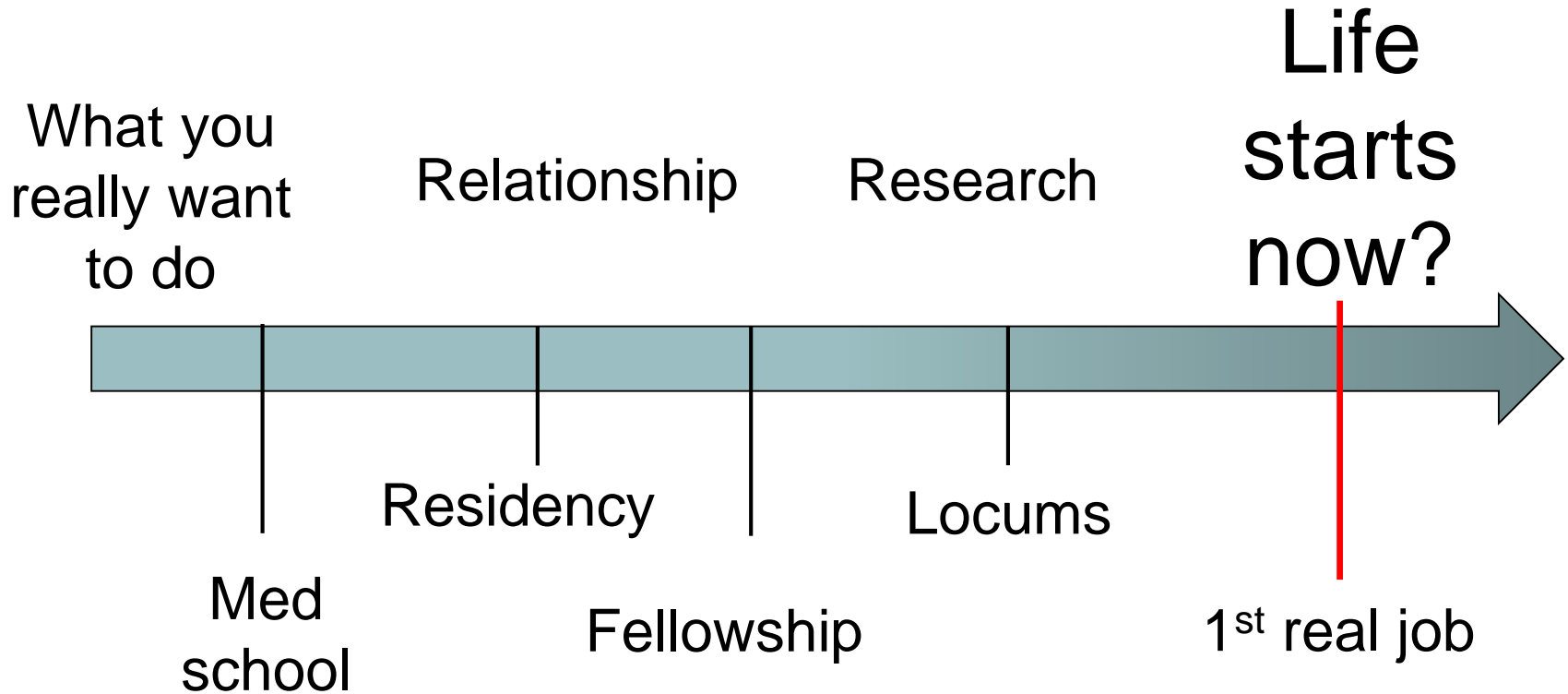
Career Paths and Personal Growth

1. Life is now
2. Find a mentor(s)
3. Diversify your portfolio



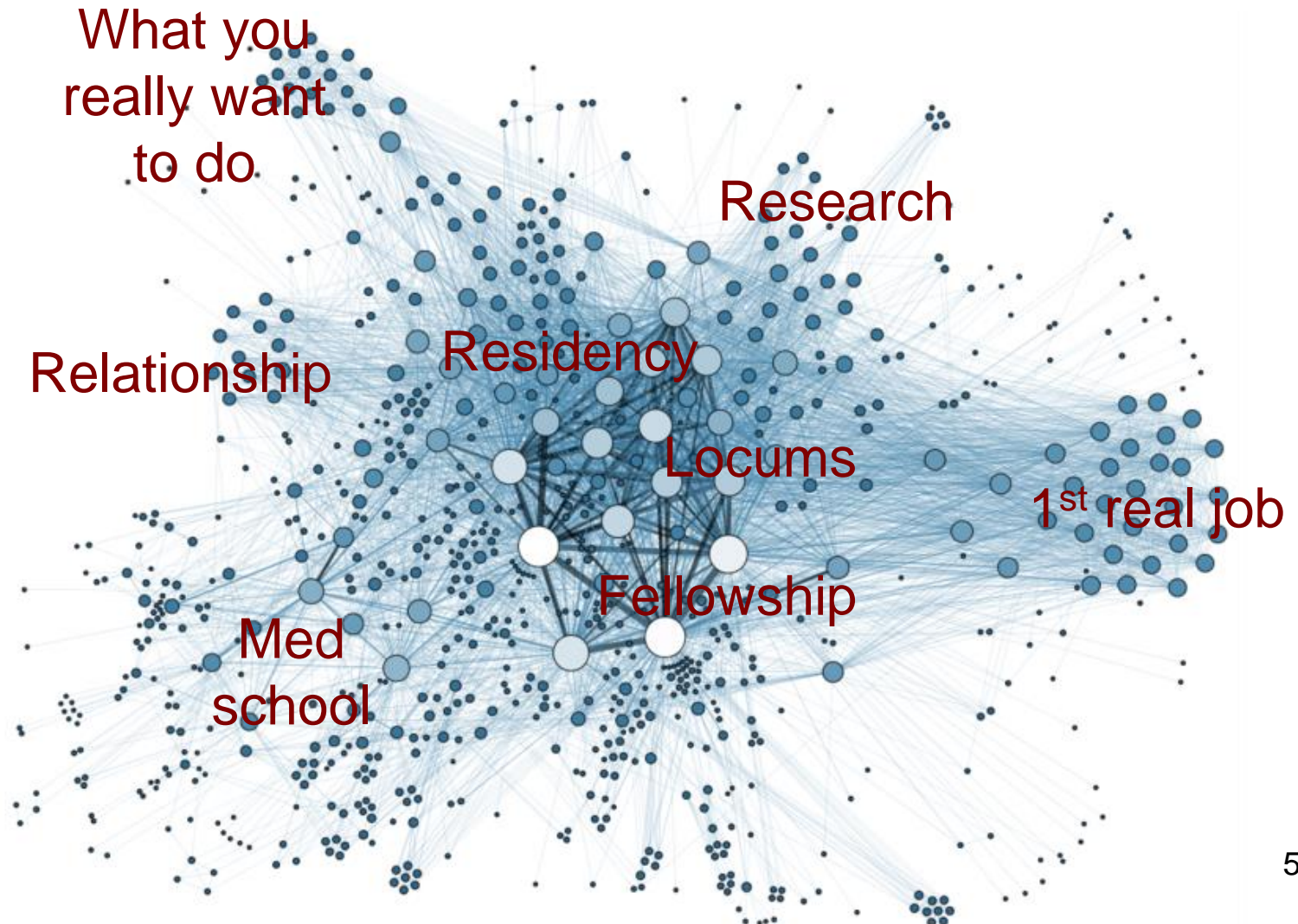
1. Life is now

It's the journey, not the destination
Corollary. You can't go back



1. Life is now

It's complicated: embrace/enjoy it



1. Life is now

- What I did
 - New places/travel as part of my training
 - Road less traveled - medicine, back to physics, to medicine
 - Embedded research, 2 extra years of research
 - Skiing, wind surfing
 - Followed my heart in love – was lucky that my wife and family were OK with Canada

2. Find a mentor(s)

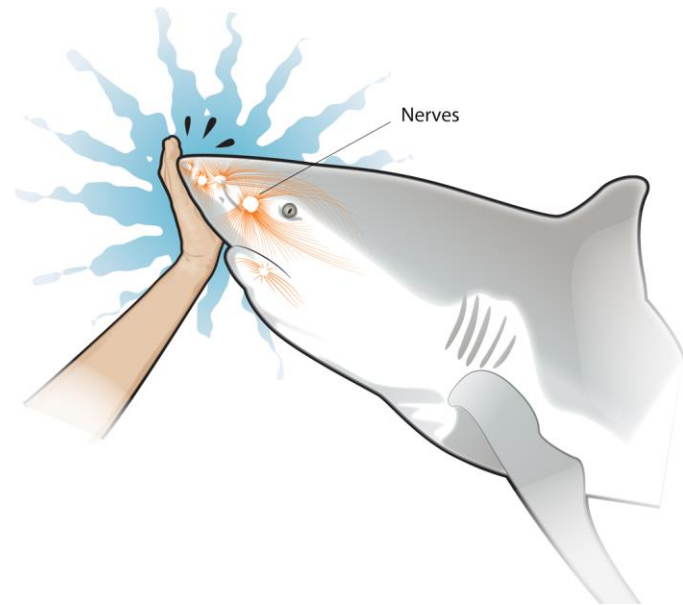
- Very first, parents – keep you alive / avoid death
- First, a senior person – keeps you alive
- Later, colleagues – keep you alive
- Still later, students/trainees – keep you alive

2. Find a mentor(s)

- What I did
 - Intensivist/Clinician Scientist role model was a natural mentor for me
 - Directed my choice of residency
 - Recruited me into a fellowship
 - Made many important introductions
 - Instrumental in getting my first job
 - Always a good friend
 - Taught me to swim with sharks

How To Swim With Sharks: A Primer

- Assume all unidentified fish are sharks
- Do not bleed
- Get out of the water if someone is bleeding
- Counter aggression promptly
- Use anticipatory retaliation
- Organized attack – the proper strategy is diversion



Voltaire Cousteau. Perspectives in Biology and Medicine 16(4), 525-528, 1973.

3. Diversify your portfolio

- Risk mitigation
- Don't quit your day job
- Build/join teams around you
- Power base



3. Diversify your portfolio

What I did

- Clinical, research, teaching, admin
- Clinical ICU
 - Morning report
- Research lab
- Clinical research
- Spin off companies
- Director of a big lab - administration
- Current state
 - clinical, research, commercial, admin

Risk mitigation

Build/join teams

Don't quit your
day job

Power base

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