

Staying Pluripotent

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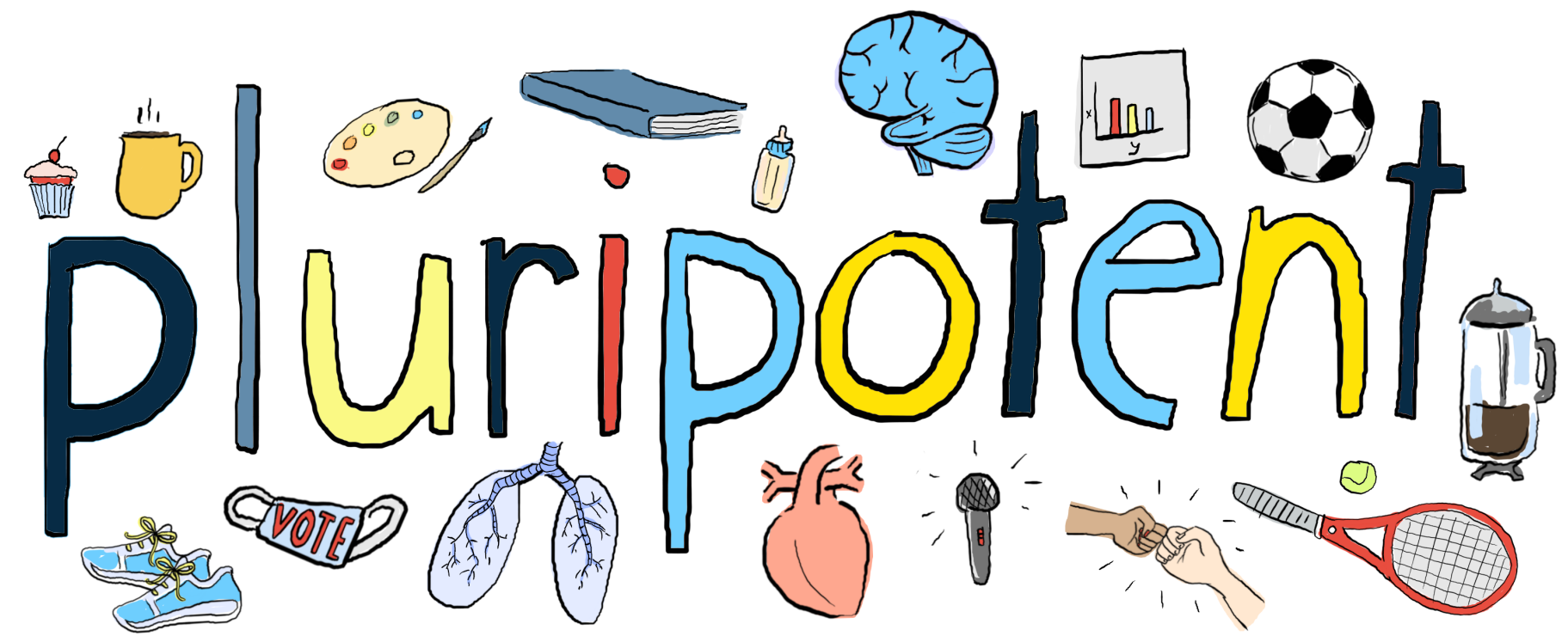
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Ask Me Anything!

Pluripotent

- capable of giving rise to several different cell types
- different phenotypes
- different expressions of skill, interest, energy



A Quick Exercise

- Think about qualities that make someone feel pluripotent and project pluripotency
- Type into Chat field if you like
- Examples: develop leadership skills, play music, cook, coach, emotional intelligence
- There are no wrong answers!

UCLA



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Situational Awareness

- mental health
- finances
- relationships
- interests/pluripotency
- reputation
- Kindness



What is a Hospitalist?

- physician who specializes in the care of hospitalized patients
- nearly all specialties have Hospitalists
- fastest-growing speciality in history of American medicine
- pluripotent within the profession

“Academic” vs “Non-Academic”

Why Staying Pluripotent Matters

- Ability to effect change
- Need to step into tension
- Meet personal & external expectations

Facing Challenges





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An Invitation to Stay Pluripotent

- Take time to think about what makes you a pluripotent human being
- Consider what you might like to add in the future
- Keep track of your progress
- Emotional Intelligence —> Be Kind

Thank You!

- Mark@exploretespace show
- Twitter @ETSshow
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- Now...Ask Me Anything!