Definition of Success

1. The accomplishment of an aim or purpose
   - 1.1 The attainment of fame, wealth, or social status
   - 1.2 A person or thing that achieves desired aims or attains fame, wealth, etc
2. The good or bad outcome of an undertaking.

Oxford Dictionary

Synonymous

✓ Prosperity
✓ Wealth
✓ Riches
✓ Fortune
✓ Opulence
✓ Luxury
✓ Comfort
✓ Life of ease
✓ The good life

✓ Big name
✓ Household name
✓ Somebody
✓ Important person
✓ VIP
✓ Public figure
✓ Luminary
✓ Leading light
✓ Triumph

For you, what's the meaning of success?

Life
- Get a job
- Earn money
- Get married
- Have children
- Buy a car
- Buy a house
- Enjoy life and
- Be happy

Vascular Surgery
- Get a job
- Help others and save lives
- Have a lot of work
- Being rich or known
- Write articles
- Became a Faculty
- Travel worldwide to meetings
- Work in what you like

SUCCESS =
The accomplishment of GOALS
LIKE A WOMEN VASCULAR SURGEON, WHICH ARE YOUR GOALS?

- Work and be successful
- Get married
- Become or not a mother
- Have a good professional position
- Be recognized
- Gain as much as man

Yes, being clear about goals and expectations are key. But it is also key to have a partner who is willing to share and help in too.

If you’re a mom, you must need help at home, with the kids, or even in your professional events.

CHALLENGES

- GENDER BIAS

Society expects women to act in a sympathetic, caring way and NOT to act in a competitive, and assertive manner.

So what happens to us “Type A” women who are driven to succeed, who want to compete in the classroom/work environment and who want to achieve?

Well, first of all, we may have to work HARDER to be considered competent when compared to our male colleagues.

And second, we will pay a price for our success, since we are acting out of line with our gender norms.

I grew up watching Wonder Women, a Lady with the strength of Superman, but adding the advantages of a beautiful and good woman, that work and fight in heels. So I think I could do it too! But our role has changed more in the last 50 years than in the past 3000 years and that has also transformed couples.

Women have been fighting to achieve rights but battle has been so intense that in the field we have forgotten our most feminine qualities, tenderness, sensitivity, maternity, intuition, and flexibility.

CHALLENGES GENDER ROLES IN MEDICINE

- Have you ever been called nurse by a patient? And when that happens, how many times your have make this questions to yourself?
- How may stereotypes have I challenged along the way?
- How many steps have I taken to do what I do?
- What steps your daughter or the young women students will take?
- Will it be different for them?

TIPS FOR BEING SUCCESSFUL

- Be honest
- Work and Be Smart
- Surround yourself with people who can help you
- Don’t be afraid to meet new people and take the initiative
- REMEMBER that the world is made of relationships.
• Be a feminist…….

But a good one

Women helping women

• And keep studying, you will never finish learning……..

Be BRAVE….. never be afraid

If you need help, ask for it, look for it.
Women physicians need a girl tribe
Sponsor vs. Mentor
Be organized and optimistic
Recognize your power

Take a seat at the table:

- Women need to take on leadership roles. If we don’t stand up and involve ourselves, our perspective and concerns will not be heard and we will be poorly positioned to achieve changes that could improve our work and our lives.
- If you are already in leadership, actively mentor and encourage other women to get involved. Ask them to consider applying when there is a role they could take on.
- Suggest women physicians to other leaders when they are recruiting for assistance.
- These small actions always help.

What happens when things doesn’t work like we wanted?
- These moments are the greatest opportunity to reflect, refuel and refocus.
- Always think that if a door doesn’t open, it’s not your door.
- In our pain we find our greatest power….
EMPOWERMENT OF WOMEN

Do we really need it?

THANKS

Links to follow Women in Medicine

www.shemd.org
www.amwa-doc.org
www.feminem.org

Twitter Accounts to Follow
@womeninmedchat
@SheMD
@WomenSurgeons
@WomenInSurgery

Hashtags
#ILookLikeASurgeon
#WomenWhoCurie
#SheMD
#VascularSurgery
#VascularSurgeon
#WomenInMedicine
#WomenInScience

Facebook
Physician Mom's Group