

# Recharge, Reconnect, Reimagine

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# Disclosures

Neither speaker have any relevant financial relationships with any ineligible companies to disclose.

The Off-label use of medications will not be discussed during this presentation.



# Learning Objectives

*At the completion of this activity, learners will be able to:*

1. Apply career vitality ideas to enhance workplace satisfaction.
2. Develop ideas for positive work environment and culture.
3. Discuss the opportunity to become an agent of change for the profession of pharmacy.
4. Utilize concepts of gratitude to enhance professional satisfaction.



*We are in this together*

Why?

# Think – Pair - Share

- Write down why you chose to be in this profession and what you're passionate about. (What fills your bucket)
- NOW, share this with the person next to you

# Self

- Create for yourself: Top 3 list
- Connect with others: family, friends, coworkers, career groups
- Continued learning: books/audiobooks, podcasts, influencers, personality profile assessments

# Personality Typing

Heidi



**“DEFENDER”**

ISFJ (-A/-T)

Very dedicated and warm protectors, always ready to defend their loved ones.

Laura



**“PROTAGONIST”**

ENFJ (-A/-T)

Charismatic and inspiring leaders, able to mesmerize their listeners.





# Personality Typing - Team Approach

## Personality types key

**E**

### Extroverts

Extroverts are energized by people, enjoy a variety of tasks, a quick pace, and are good at multitasking.

**I**

### Introverts

Introverts often like working alone or in small groups, prefer a more deliberate pace, and like to focus on one task at a time.

**N**

### Intuitives

Intuitives prefer to focus on possibilities and the big picture, easily see patterns, value innovation, and seek creative solutions to problems.

**S**

### Sensors

Sensors are realistic people who like to focus on the facts and details. They apply common sense and past experience to find practical solutions to problems.

**T**

### Thinkers

Thinkers tend to make their decisions using logical analysis, objectively weigh pros and cons, and value honesty, consistency, and fairness.

**F**

### Feelers

Feelers tend to be sensitive and cooperative, and decide based on their own personal values and how others will be affected by their actions.

**J**

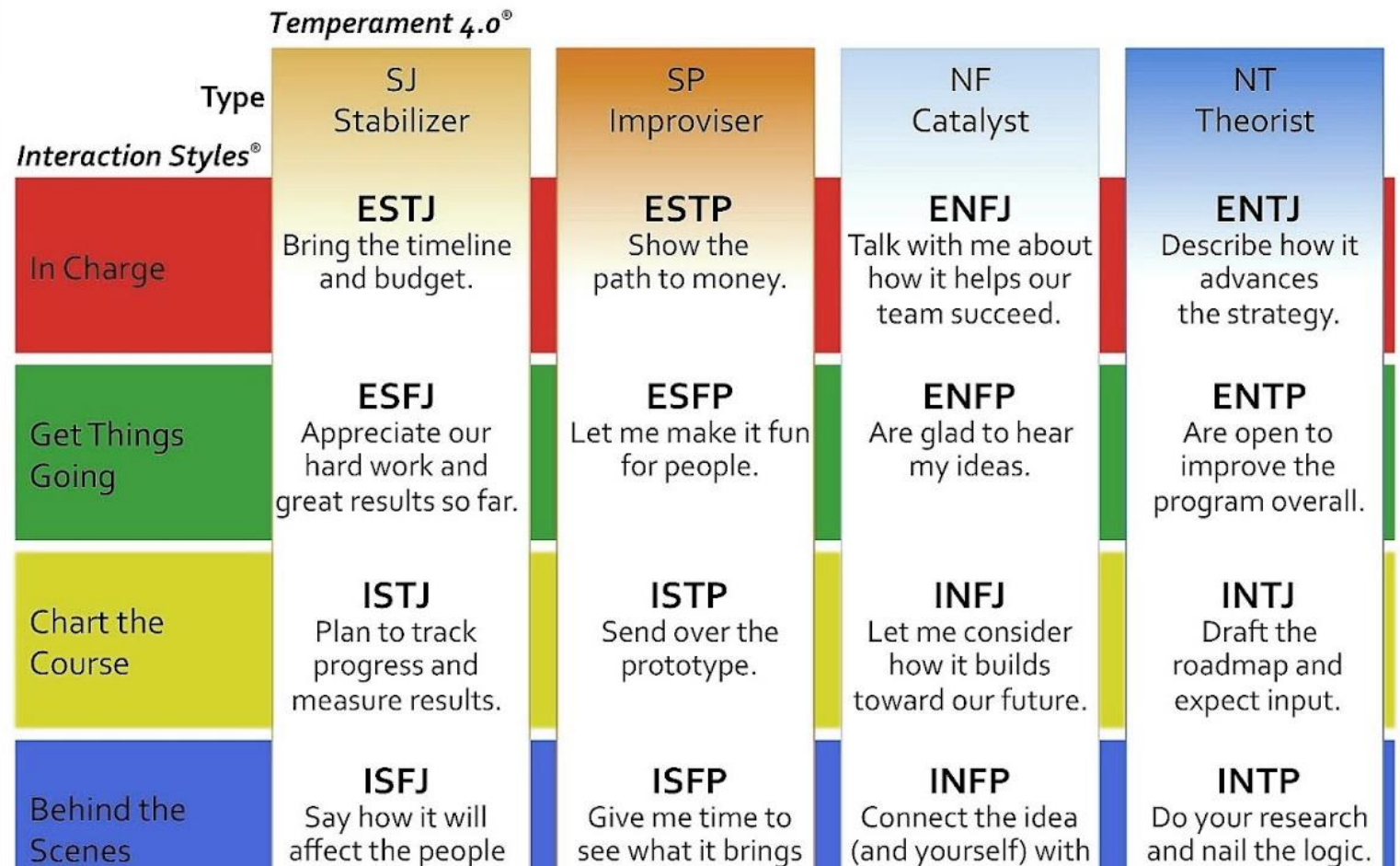
### Judgers

Judgers tend to be organized and prepared, like to make and stick to plans, and are comfortable following most rules.

**P**

### Perceivers

Perceivers prefer to keep their options open, like to be able to act spontaneously, and like to be flexible with making plans.



# Employer

- Annual reviews
  - What makes you tick
  - What irks you
  - Your love language

# Annual Review Example Questions

- *What do you enjoy most about your work and your specific role within our team?*
- *What do you feel is the best way for you to add value in the year ahead?*
- *Is there anything we could provide you with or do better at to help you in your role?*
- *What are your personal goals for your future with our team?*

# Profession

- Engagement
- Be an agent of change

# Gratitude

- Positive effects on personal wellbeing and health
- A way of seeing the world
- You can build gratitude
  - Words
  - Letters/notes
  - Journals ([elementofgratitude.org](http://elementofgratitude.org))

The background features several abstract, organic shapes in various colors: a red shape at the top left, a yellow shape at the top center, a blue shape on the left, a large tan shape on the right, a brown shape at the bottom left, a red shape at the bottom right, and a teal shape at the bottom center. A pink wavy line is also present near the bottom right. In the bottom left, there is a green illustration of a plant with several pointed leaves.

**THANK YOU**

Thank you!

