

The **THRIVE** Program

Transforming **H**orizons
through **R**eflection,
Inspiration, **V**itality &
Engagement



**ACADEMIC
PEDIATRIC
ASSOCIATION**



What is THRIVE?



A new national faculty development program designed to ***foster career vitality, engagement, and joy*** among academic pediatricians.



Program Objectives

- Identify your individual strengths and areas for professional growth
- Identify current challenges to your career satisfaction
- Define your values and what helps you flourish professionally
- Develop and re/define career goals
- Develop a career development and/or sustainability approach
- Participate in a national community of peers to support career vitality
- Describe foundational concepts in career vitality, joy, and meaning in your work

What makes THRIVE unique?

1

Reflect and
identify your
individual needs
for career vitality

2

Learn about and
select from
numerous
strategies to apply
to your life

3

Join with peers in a
longitudinal
community to share,
celebrate, and grow

Details of THRIVE

Setting	Topics
PAS 2026 Pre-Conference (4h)	• Program Overview • Introductions/Cohort Development • Vitality, Values, and Goal Setting: A Primer • Connecting with Joy and Meaning • Personal Vision, Values, Mission to Set Your Goals
Virtual Intersessions • 1.5 hours each • Expert invited speakers	• Promoting Your Well-Being • Reimagining Your Professional Brand • Navigating Career Opportunities • Panel on Career Communities of Practice and Vitality
PAS 2027 Pre-Conference (3.5h)	• Cohort Reconnection • Year in Review of Vitality Successes • Key Vitality Lessons Shared • Reception

Who Should Do THRIVE?



People at all stages of their career who may be either at an inflection point or want to build the skills to mitigate any challenges



Applications

Deadline December 5th

Tuition Costs: \$2500

Components:

- Demographic Summary
- Short answer questions
- Attestation of participation

THRIVE Team

Elizabeth
Chawla, MD

Donna
D'Allesandro,
MD

H. Barrett
Fromme, MD,
MHPE

Sonja Hix, APA
Administrator

Kajal Khanna,
MD, JD

Terry Kind,
MD, MPH

Marta King,
MD, MEd

Su-Ting Li, MD,
MPH

Sylvia Lim, MD

Emma
Omoruyi, MD,
MPH

Debra Rana,
MD, MSc

Michael Ryan,
MD, MEHP

Janet Serwint,
MD

