



## THE SUCCESS FACTOR: DEVELOPING THE MINDSET AND SKILL SETS OF HIGH ACHIEVERS

with Dr. Ruth Gotian

Complimentary to IMS Members (US) per person

VIRTUAL SESSION (1-HOUR)

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Nobody wakes up in the morning aiming to be average. Many people want to be successful but don't know how to approach this path. They have the potential but need a plan. Based on research and in-person interviews with astronauts, Nobel laureates, CEOs, and Olympic champions, this presentation outlines the methodological approach that individuals aspiring to improve their performance can adopt to achieve success.

High achievers share the same four attributes (intrinsic motivation, perseverance, strong foundation, constantly learning through informal means). The key to their success is that they do all four of these things in tandem.

Based on the book *The Success Factor* and using these four shared attributes as a guide, this workshop helps you reach peak performance by applying the lessons of high achievers in your own life: identify your passion using a Passion Audit; learn how and where to find a mentor and how to build a mentoring team; develop your own community of practice; pursue your interests through informal learning; and manage your time and energy.

# DR. RUTH GOTIAN

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Dr. Ruth Gotian is the Chief Learning Officer and Assistant Professor of Education in Anesthesiology and former Assistant Dean of Mentoring and Executive Director of the Mentoring Academy at Weill Cornell Medicine. She has been hailed by the journal Nature and Columbia University as an expert in mentoring and leadership development and is currently a contributor to Forbes and Psychology Today where she writes about 'optimizing success'.

In 2021, she was one of 30 people worldwide to be named to the Thinkers50 Radar List, dubbed the Oscars of management thinking and is a semi-finalist for the Forbes 50 Over 50 list.

She regularly publishes in such journals as Nature, Scientific American, Academic Medicine, Psychology Today, Forbes and Harvard Business Review. She is the co-editor of a book on medical education, won numerous mentoring awards and is the author of The Success Factor - Developing the Mindset and Skillset for Peak Performance.

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