

# NED 2024



**SPRING FORWARD: Strengthening Skills and Engaging with Colleagues**

**ITHS**

Institute of Translational Health Sciences  
ACCELERATING RESEARCH. IMPROVING HEALTH.

# WHAT REALLY MATTERS FOR YOU AND FOR US



**Evangeline Chang, BS**  
Research Coordinator  
Alzheimer's Disease Research Center  
University of Washington

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## TABLE OF CONTENTS/TIMELINE

1-hour breakdown

- ▶ Starting an anonymous conversation
- ▶ Connecting fellow research coordinators
- ▶ Open-ended questions with open discussions
- ▶ Allowing difficult conversations in a safe space
- ▶ Providing opportunities to support one another
- ▶ Prioritizing positivity and mindfulness
  
- ▶ 0-10 min - Introduction/Setting up
- ▶ 10-20 min - Ice breakers
- ▶ 20-30 min - Advanced ice breakers
- ▶ 30-40 min - Start of video
- ▶ 40-50 min - End of video
- ▶ 50-60 min - Takeaway

# GROUND RULES

- ▶ All content and results are anonymous and private
  - ▶ No recording, screenshotting, or taking pictures
  - ▶ With exception to Zoom displaying names
- ▶ Refrain from using real names if you want to talk about the experience
  - ▶ Avoid calling out people you know if you see them here
  - ▶ Don't provide identifying information
- ▶ At your own pace and comfortability
  - ▶ Participation is not required
  - ▶ Breakout room options available

# LEARNING OBJECTIVE

- ▶ Participants will be able to engage with fellow research coordinators to provide support and networking ideas and opportunities



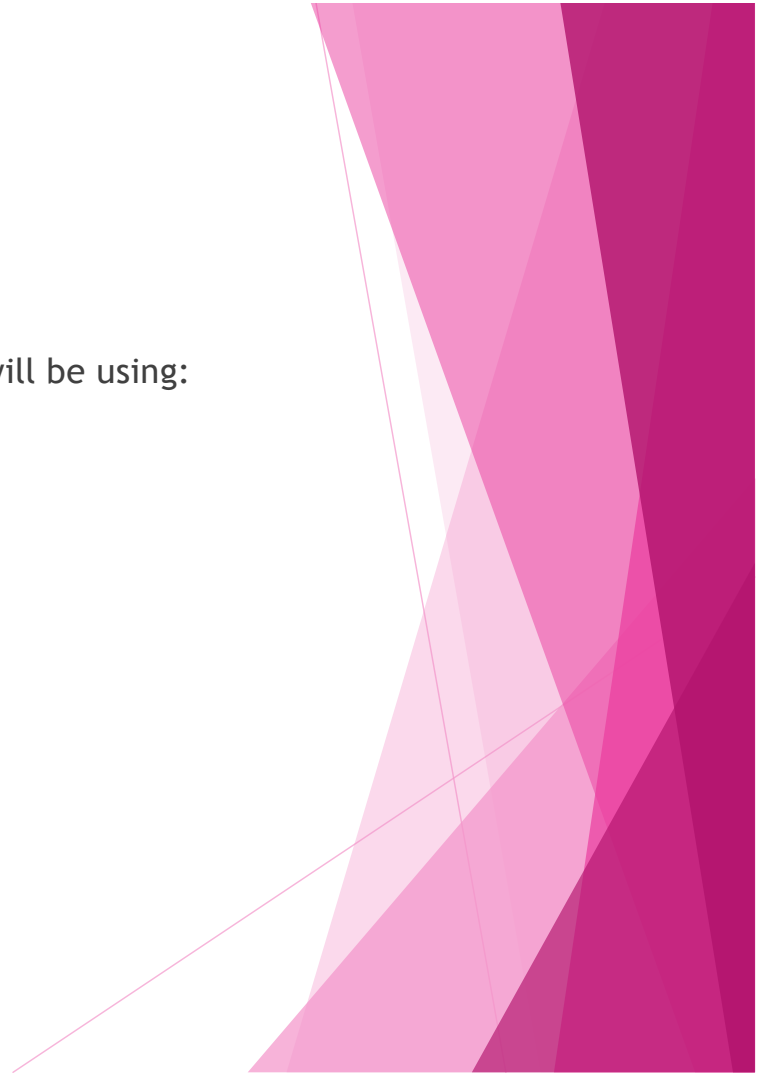
# APPLICATIONS & TOOLS

▶ Tools necessary for participation:

- ▶ Dual monitor or single monitor plus a cell phone

▶ Applications we will be using:

- ▶ Zoom
- ▶ Slido





**SLIDO EVENT CODE # 7589843**

<https://app.sli.do/event/bopQsxfM8okSnnCSpU6STZ>

# PERSONAL INTRODUCTION

- ▶ Started at the Cancer Vaccine Institute at the University of Washington
  - ▶ Currently at the Alzheimer's Disease Research Institute at the University of Washington
  - ▶ Research Coordinator for ~2 years
  - ▶ Why did I pursue research coordinating?
  - ▶ Bullet journaling, reading, watching TEDTalks, archery
  - ▶ Why am I here today?
- 
- ▶ If you are interested in an opportunity to present/facilitate, please contact ITHS



## Select the options that bring joy to you:

- ▶ Sleeping in a freshly made bed
- ▶ Random acts of kindness
- ▶ Having time for myself
- ▶ When your favorite song plays
- ▶ Freshly brewed tea/coffee
- ▶ Doing something active outdoors
- ▶ Talking to or playing with your pet
- ▶ That “Friday feeling”
- ▶ A perfectly cooked meal
- ▶ Putting your “Out of Office” on before going on a holiday
- ▶ That new car smell



“

What is something that you enjoy?

”

Open-ended question, please use the Q&A function on SLIDO to participate

SLIDO Event Code # 7589543

<https://app.sli.do/event/bopQsxfM8okSnnCSpU6STZ>

“

How long have you been a  
research coordinator/in your  
role?

”

Open-ended question, please use the Q&A function on SLIDO to participate

SLIDO Event Code # 7589543

<https://app.sli.do/event/bopQsxfM8okSnnCSpU6STZ>

“

What is something good that happened to you recently?

”

Open-ended question, please use the Q&A function on SLIDO to participate

SLIDO Event Code # 7589543

<https://app.sli.do/event/bopQsxfM8okSnnCSpU6STZ>

“

Why are you working as a  
research coordinator/in your  
role?

”

Open-ended question, please use the Q&A function on SLIDO to participate

SLIDO Event Code # 7589543

<https://app.sli.do/event/bopQsxfM8okSnnCSpU6STZ>

“

What is a goal/achievement  
that you made progress  
towards recently?

”

Open-ended question, please use the Q&A function on SLIDO to participate

SLIDO Event Code # 7589543

<https://app.sli.do/event/bopQsxfM8okSnnCSpU6STZ>

I feel supported in my role and have resources available to me.

- ▶ Strongly Agree
- ▶ Agree
- ▶ Neutral
- ▶ Disagree
- ▶ Strongly Disagree



“

What is something work-related that frustrates you?

”

Open-ended question, please use the Q&A function on SLIDO to participate

SLIDO Event Code # 7589543

<https://app.sli.do/event/bopQsxfM8okSnnCSpU6STZ>



“

What changes could be made  
to support you in your role?

”

Open-ended question, please use the Q&A function on SLIDO to participate

SLIDO Event Code # 7589543

<https://app.sli.do/event/bopQsxfM8okSnnCSpU6STZ>

“

# What would support you?

”

Open-ended question, please use the Q&A function on SLIDO to participate

SLIDO Event Code # 7589543

<https://app.sli.do/event/bopQsxfM8okSnnCSpU6STZ>

## BEFORE WE WATCH...

- ▶ Content could be sensitive for some viewers
- ▶ At the end of life
- ▶ Food for thought





# WHAT REALLY MATTERS AT THE END OF LIFE

TEDTalk by BJ Miller

# Thoughts? Takeaways?

- ▶ “Make life more wonderful and not less terrible.”



# What matters to you?

Family, friends, time, money, health, goals, love, purpose



# Questions?



THANK YOU!

