

DEALING WITH ADVERSITY

**A REQUIREMENT FOR SUCCESS
FOR VASCULAR SURGEONS &
VASCULAR SPECIALISTS**

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NO CONFLICTS

**APOLOGIZE FOR GIVING THIS
PHILOSOPHICAL TALK –
BUT HOPEFULLY IT CONTAINS
SOME WISDOM THAT WILL HAVE
VALUE TO MANY OF YOU
- AS IT HAS TO ME**

- **ADVERSITY IS PART OF LIFE**
- **HOW ONE MANAGES IT MATTERS &**
- **IT SEPARATES WINNERS FROM LOSERS**
- **IT IS A MAJOR DETERMINANT OF SUCCESS**

ADVERSE CHALLENGES MAY BE

- **MINOR**
- **INTERMEDIATE**
- **MAJOR**

**COMMON IN VASC SURG BECAUSE OF SEVERITY
OF VASC DIS/PROCED & COMPLEX & COMPETITIVE
ADMINISTRATIVE WORLD IN WHICH WE WORK...**

MINOR ADVERSITY - FRUSTRATIONS

COMMON IN/OUT OF OR & ANGIO SUITE
OFTEN DUE TO CO-WORKERS OR ASSOC

ANGRY RESPONSE EXACERBATES & LEADS
TO STRAINS, ERRORS & BAD PT CARE

CALM RESPONSE POSITIVE & GOOD PT CARE
EQUANIMITY IS VALUABLE ASSET – MAKES VS

WELL LIKED & YIELDS BETTER OUTCOMES
COMPOSURE IS MOST VALUABLE WHEN

STRESS IS THE GREATEST – PILOTS – ‘SULLY’

INTERMEDIATE ADVERSITY AT WORK

REJECTION OF PAPER OR GRANT,
DENIED PROMOTION OR CHOICE ASSIGNMENT
REGARD SUCCESS AS DELAYED NOT DENIED
KEEP WORKING – PART OF THE GAME
REWRITE, REVISE, CORRECT - PERSISTANCE
NEVER, NEVER, NEVER, NEVER GIVE UP - WC
CHALLENGING CASE/BAD OUTCOME- AT FIRST...
NOT ADVERSITY BUT OPPORTUNITY - ALLOWS
INNOVATION & CREATIVITY; MANY ADVANCES...
NO PROBLEM IS INSOLVABLE - DESPITE
CURRENT THINKING & SO-CALLED 'WISDOM'

MAJOR ADVERSITY AT WORK

**TERMINATION OR FIRING – OFTEN NOT FAIR
DUE TO JEALOUSY, EGO ISSUES, BIAS OF BOSS
WITCH HUNT – 1 OR 2 BAD CASES ALL VS HAVE
HOW TO DEAL WITH IT – NO REVENGE; GET NEW
JOB & MOVE ON; NEW JOB MAY BE BETTER
THAN OLD ONE; MOST GREATS IN VS FIRED X1+
PROFIT FROM ADVERSITY – AS 1 DOOR CLOSES...
BEST REVENGE - FOR UNFAIR FIRING IS SUCCESS
IN ONE'S NEW POSITION!!!**

MAJOR ADVERSITY IN LIFE NON-PROFESSIONAL ISSUES

**SAME PRINCIPLES APPLY – VIGOROUS / EXCESSIVE
RESPONSES TO ADVERSITY RESULT IN GREATER
PAIN & INCREASING WEALTH OF LAWYERS
EQUANIMITY, MINIMIZING REACTIVITY & SUCCESS
IN NEW VENTURE – YIELD BEST OUTCOMES
IT IS AN IMPERFECT WORLD!!! – HOW ONE DEALS
WITH THE MANY ADVERSITIES THAT ARE
PART OF IT CAN MAKE IT LESS IMPERFECT**

**HOPE THIS HAS VALUE &
THANKS FOR YOUR
ATTENTION - DISCUSSION**



