



Moving from Conversation to ACTION

Here are a few steps that you can take over the next year to move conversations from the MMA Annual Conference to action.

Today

- Exchange contact information** with other attendees.

Within the Week

- Seek out stories and opinions** related to topics covered at the conference.
- Watch one module** within the AMA's STEPS Forward™.

Within the Month

- Connect via email** with someone you met at the conference.
- Subscribe to a podcast** that examines issues related to conference topics.

Within Three Months

- Have a conversation** with a colleague or two about either a topic you discussed at the conference, or another topic that was addressed.
- Watch three modules** within the AMA's STEPS Forward™.
- Seek out local or state organizations** that are working to improve health via community partnerships, and learn how you can become more involved.

Within Six Months

- Volunteer** for a local or state organization that is working to improve health via community partnerships.
- Challenge your awareness** of how decreased job satisfaction interferes with patient care, and assess what can be done to address this.

Within Nine Months

- Check-in via email** with someone you met at the conference.
- Set up a meeting** with those at your clinic or health system to discuss what work needs to be done to improve job satisfaction among colleagues.
- Watch six modules** within the AMA's STEPS Forward™.

Throughout the Year

- Take a break** from everyday stressors and remind yourself why you chose a career in medicine.
- Seek out books** and training opportunities on topics covered at the conference and continue to challenge yourself.