Dear Faculty Colleagues and Friends,

First, we hope that you are staying healthy. We fully appreciate that this is a difficult and stressful time for everyone. Since 2017, the Faculty of Medicine has been building peer mentorship capacity amongst our faculty members through the Telemachus Scholars Program. In the face of the COVID crisis, the Telemachus steering committee feels that the time is right to take this approach Faculty-wide.

While we realize that many of you, especially those with clinical duties, are very busy, we invite all faculty members who are available to join a weekly peer-support Zoom meeting every Wednesday from 3:30-4:30 pm. Each week we will discuss a different theme. These informal drop-in sessions will include a brief information session from an expert, followed by Q&A, then small break-out group discussions to share experiences peer-to-peer, and a wrap-up to summarize what we have learned from each other. Feel free to join only one session, or to drop-in for them all. Community, creativity and collective wisdom will help us all through this difficult time. For those unable to join these meetings, we will be posting key take-home points online as well.

The Zoom link to these drop-in sessions is: https://mcgill.zoom.us/j/218454532

Upcoming Topics:

April 8th: Effectively Engaging Graduate Students and Research Staff/Technicians

April 15th: Psychological First Aid: Tools to help yourself and help each other

April 22nd: Research Productivity without Data!

April 29th: Ramping up? Longer-term planning for research and teaching

Talk to you soon. Stay safe.

Anne, John, Michelle, Miriam, Lia, Nicole, Lesley

Telemachus Scholars Program Steering Committee: Dr. Anne McKinney, Dr. John Orlowski, Dr. Michelle Elizov, Dr. Miriam Boillat, Dr. Lia Sanzone, Dr. Nicole Li-Jessen, Dr. Lesley Fellows