

January 28, 2018

Dr. Josephine Weeden

What are you willing to do?

Yes, it is that time of year. Time to reflect on how things went last year and time to plan for this year. I am not a huge football fan but I recently watched the first episode of a Tom Brady documentary; Tom vs. Time. It was quite an interesting show and the one thing that stuck with me that he said was- "What are you willing to do and what are you willing to give up to be the best you can be?". He talks about making sacrifices in your time and energy in order to achieve your goals.

Take a moment to think about how much time and energy you devote to your practice and ask yourself whether you are the best orthodontist that you can be. Are there things that you could change in both your office and your out of office time that would improve your professional life as an orthodontist? Would you grow as a person if you mentored a younger orthodontist or if you had students visiting your practice or volunteering in your practice who are thinking of going into orthodontics as a career choice? Would you benefit from being more involved in organized dentistry? Could you grow as a person and as a professional from serving on an orthodontic committee or serving as a board member in your local, state or national organizations?

We all know that we have limited time and energy. How we chose to spend our time and energy molds us into the person we have become and can change us into a different person should we make different choices. When you say "yes" to something that means you have to say "no" to something else. These are the difficult choices that we grapple with daily. Do I chose to get involved in the local orthodontic society and attend their meetings or do I chose to watch television or go to the movies? Finding a healthy balance between these things can be difficult.

The GLAO wants AND needs more involvement from its members. We now have a Facebook page for our members and hope that you will join us. We are sending out email blasts with important information about open positions in leadership.

We are always asking for input from our members and hope you will take the time to let us know how we can serve you better. Once you join our Facebook group please make sure to invite other GLAO members. The more people who are in the page and generating discussion, the more beneficial the site becomes. What can the GLAO do to help you as an orthodontic professional? I have chosen to give up both time and energy in the hope that I am becoming the best orthodontist that I can be. Through my professional responsibilities and through my relationships with GLAO leaders I have gained so much more than I have given. I think that is the true key to becoming the best you can be. When you are willing to give it your all you receive benefits that you had never imagined.

The Leadership Development Conference will take place every year. This year the conference will be Thursday, February 8 at the Westin Kierland Resort in Scottsdale, Arizona. The conference is open to constituent and component presidents-elect, or fellow officers whom they have designated to attend. Between conferences, constituent and component leaders and other AAO volunteers are encouraged to use the new online Leadership Network. The network, **which is available to all AAO members**, is a centralized repository of many types of information and resources that the Component Support and Leadership Development Committee identified as being helpful to leaders and volunteers at all levels.

With the 2018 Annual Session taking place in Washington, DC, the AAO decided to take advantage of the location and have its 2018 Advocacy Conference immediately follow the Annual Session. You should know that there are a number of GLAO members who will be representing our association at the Advocacy Conference. They will be heading to Capitol Hill to discuss issues and concerns with congressmen and woman and lobbyists to have our voices heard. This is a great opportunity for our association to make legislators aware of our concerns.

Remember to save the date for the GLAO/MASO Annual Session. Plan now to come to Toronto Sept 13-16, 2018. The session will be held at the historic Fairmont Royal York during the Toronto International film Festival. Up to 12.5 CEU's will be available. Remember that there is also a wonderful staff program being offered. US citizens, don't forget to get your passports ready!

On a final note, The Lindsey O. Kesling Orthodontic Resident Scholarship Award is offered exclusively to residents of the GLAO programs and applications are currently being accepted. TP Orthodontics, Inc., in partnership with the GLAO, sponsors this yearly scholarship opportunity. To be eligible, resident applicants from the GLAO programs need to send an application, with image and essay, to TP Orthodontics, Inc. The essay topic will be on humanitarian / volunteer efforts made by the resident during their years of attendance at their orthodontic residency program. Scholarship applications are due by February 15th, 2018. The GLAO is very proud to be involved with this scholarship and wants you to spread the word to any residents you know who may be eligible. Be the best orthodontist you can be....help others in their path to success.

What are you willing to do to be the best orthodontist you can be? Join me in my journey, get involved in organized orthodontics.

As always, thank you for letting me serve. If you have questions or comments please contact me at jcweeden@umich.edu