

Welcome!



Introductions

- Name & Affiliation
- What aspect of addiction medicine education are you interested in? Why?

Post-It Wall(s) of Truth

Post-It 1:

“The hardest part of teaching addiction medicine is...”

Post-It 2:

“Something I wish more people understood about addiction medicine is...”

Post-It 3:

“A piece of advice or wisdom I’d like to share about teaching is...”

Smarter Not Harder “Speed Dating”

- Take a few minutes to think of your best time-saving tip or hack -- something that helps you work smarter, not harder. It could be a scheduling trick, a workflow shortcut, or a mindset shift.
- Each round lasts 2 minutes:
 - Person A shares their tip (30 sec)
 - Person B shares their tip (30 sec)
- 1 minute for quick discussion/questions

After the 2 minutes are up, rotate:

- One person from each pair moves to the next seat, while the other stays in place

Smarter Not Harder “Speed Dating” Share

- What did you learn?
 - What was one tip you heard that you want to try right away?
 - Did any themes emerge across different people's tips?
 - What surprised you most about others' approaches to saving time or working smarter?
 - Which tip challenged the way you normally think about your work habits?
 - What mindset shifts or new perspectives did you notice during the conversations?
 - Did any tips seem especially helpful for supporting colleagues or teams, not just yourself?