

Beyond the Classroom: Navigating Work and Life Challenges as Medical Educators



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My roles in medical education

A wooden letterboard with a chalkboard center, a crocheted flower, and a leather strap. The letterboard has a wooden frame with letters engraved on it. The top bar contains letters 'c d e f g h i j k l m n o p'. The left bar contains 'q r s t u v w x y z'. The bottom bar contains 'A B C D E F G H I J K L M N O P Q R S T U V W X Y Z'. The right bar contains 'a b c d e f g h i j k l m n o p q r s t u v w x y z'. The chalkboard is in the center, with some faint lines. A crocheted flower in yellow and green is on the top left. A leather strap is on the top right. Two pencils are on the bottom right.

บริหารการศึกษา

ประธานรายวิชา

ผู้ช่วยคณบดีฝ่ายการศึกษา (4 รองๆ)

Mentoring system

ผู้อำนวยการโรงเรียนแพทย์รามธิบดี

ประธานคณะกรรมการวิชาการกสพท.

กรรมการศูนย์ MERAC

ประธานคณะกรรมการคัดเลือกครูแพทย์แห่งชาติ

My journey as a medical educator






Medical student

- RAMA 19
- Preclinic 3, Clinic 2, Extern 1
- แพทย์ใช้ทุนโรงพยาบาลชุมชน 0





Exploring a new path

Leprosy, TB, DM,
Newborn, Extern Rama

Turning point
My teacher



"Hearing but not listening"
Professional development



A photograph of a cherry blossom branch with pink flowers in sharp focus, set against a blurred background of a building and a bright sky. A semi-transparent pink shape is in the top-left corner, and a white rounded rectangle with a thin pink border contains the word "Hope".

Hope

Life isn't easy.



A photograph of a railroad track. In the foreground, a track switch (frog) is visible, where two tracks cross and then split into two. The tracks are made of steel rails on wooden ties, set in a bed of gravel. The tracks curve slightly to the left in the distance. In the background, there is a railroad crossing with a gate and a sign that says "50". The surrounding area has some green grass and yellow wildflowers. The lighting suggests it might be late afternoon or early morning.

My choice



Life is beautiful.



Which way should I go?

A paved path lined with large, mature trees in a park setting. The path is made of light-colored paving stones and leads into the distance. The trees are tall with thick, textured trunks and lush green foliage. The ground is covered in green grass, and the overall atmosphere is peaceful and natural.

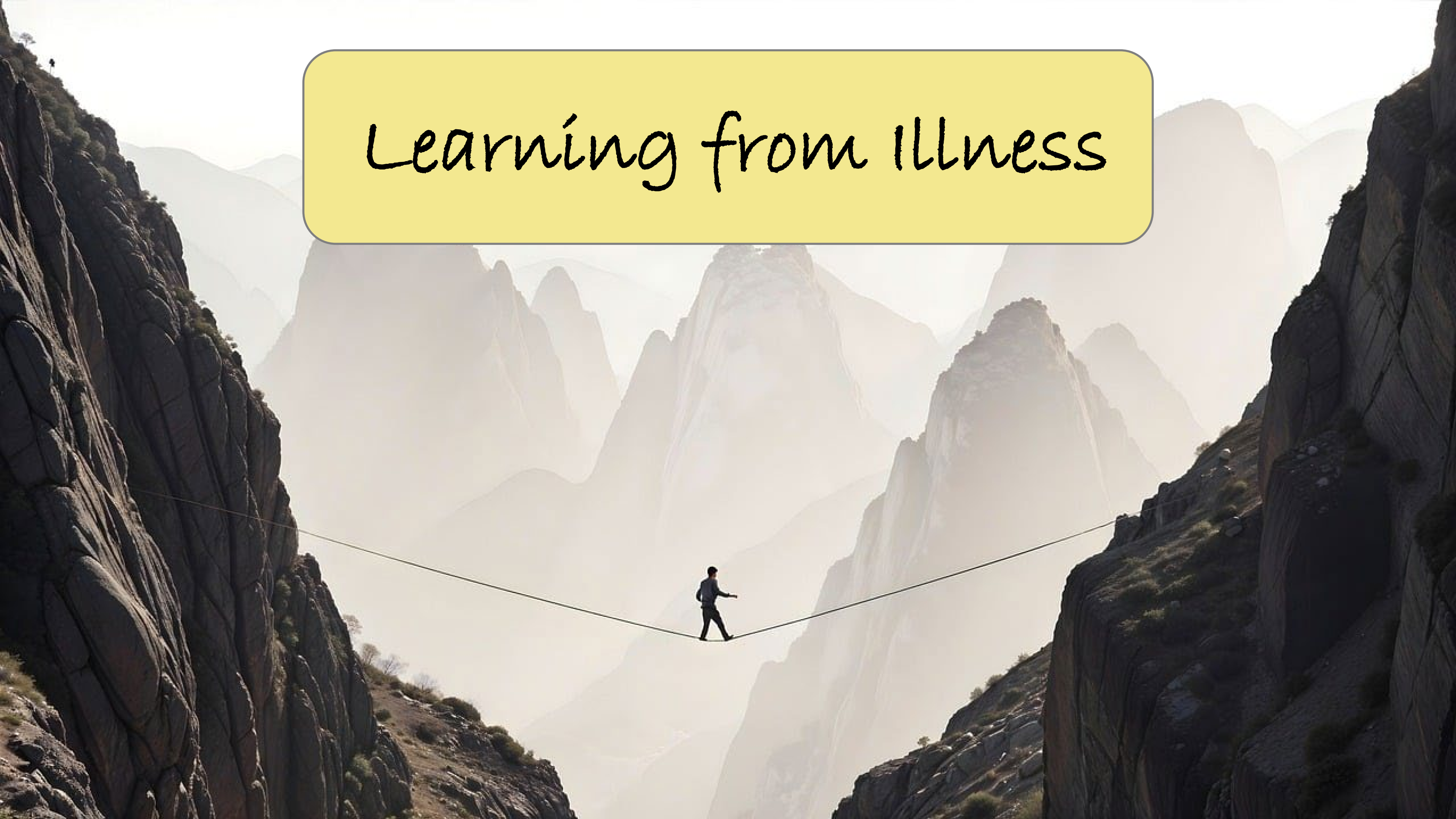
My first step in medical education

Role modelMentors



Lonely Planet

Learning from illness



- Self-awareness
- Self-assessment



Ikigai: finding your “reason for being”



- *Pasión*
- *Misión*
- *Profesión*
- *Vocación*

Motivation

- Internal motivation
- External motivation
- A-motivation





Mentoring system

A photograph of a narrow, misty forest path. The path is covered in fallen leaves and leads towards a bright, glowing light at the end of the tunnel formed by the trees. The trees are tall and thin, with bare branches, suggesting a late autumn or winter setting. The overall atmosphere is mysterious and hopeful.

New challenges

New campus





Embracing the Beauty of Wabi-Sabi:
Finding Perfection in the Imperfect



Pioneer gardener

Together we can do
great things



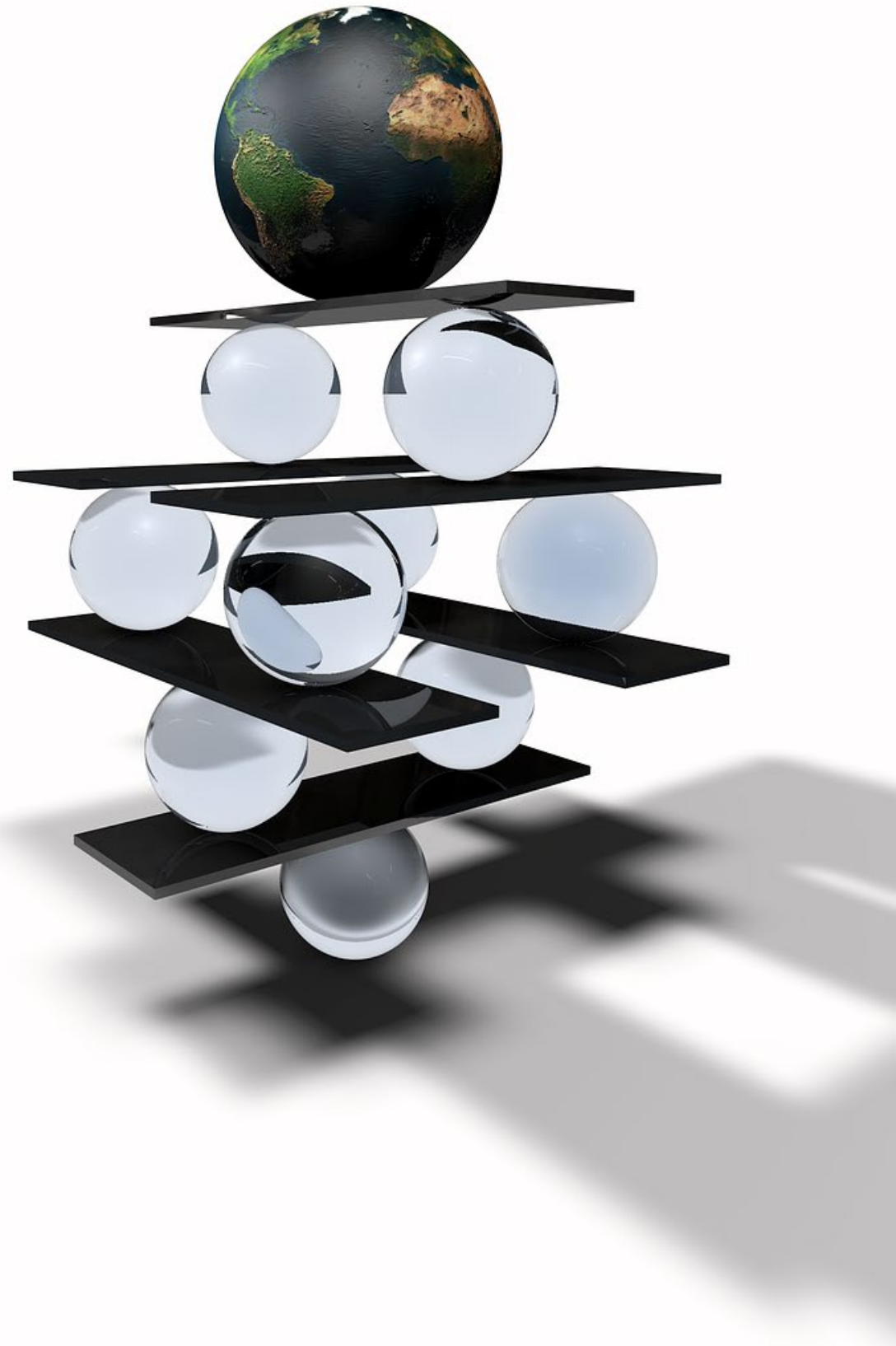


Young
generation
Teamwork

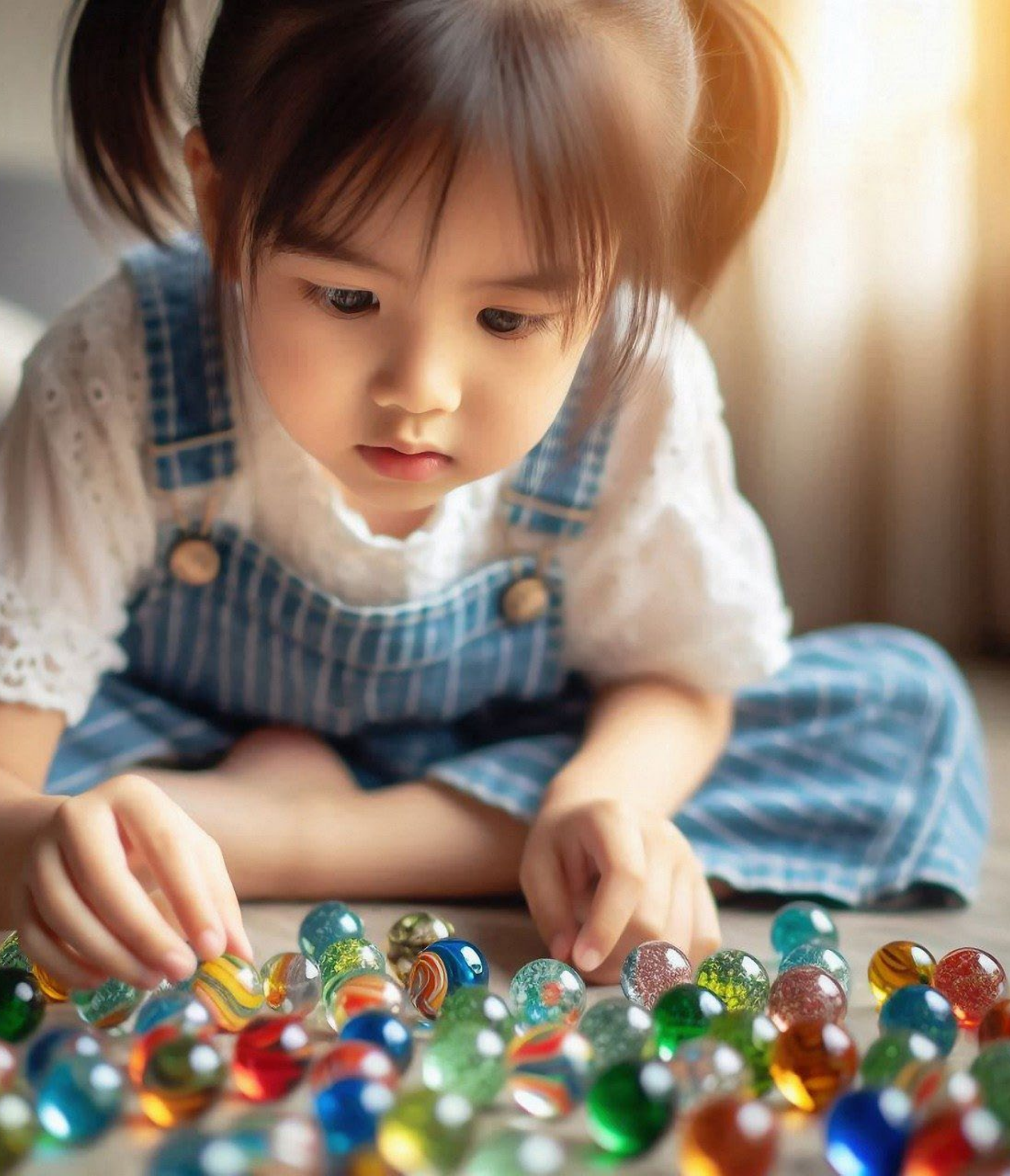


Build Good
teamwork

Message from my experiences



- **Balancing work and life:**
Personal Well-being and
Professional Performance
- **Self-awareness/self-**
assessment: Motivation
- **Teamwork**

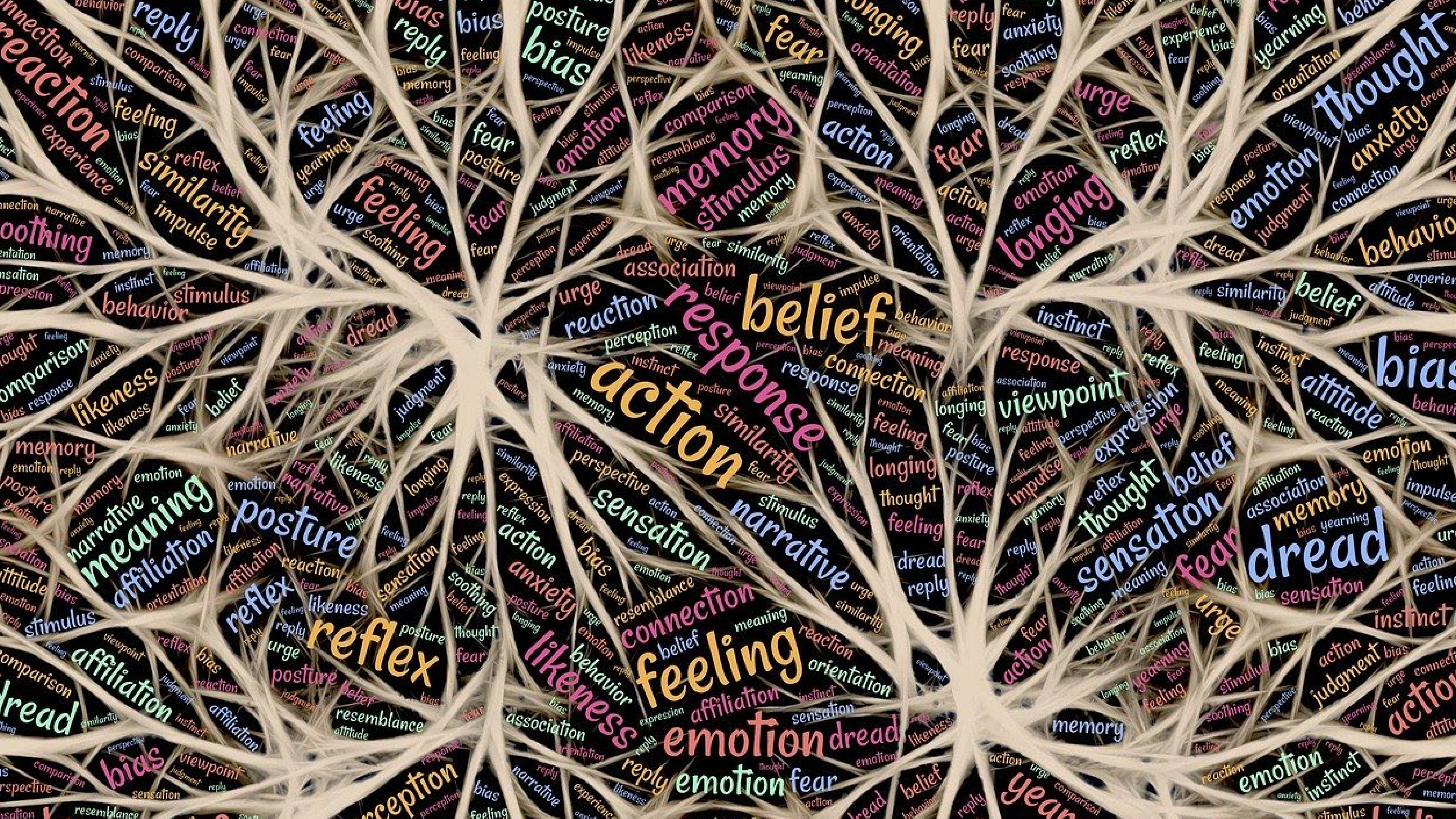


สูตรสำเร็จของคนทำงาน

- รักและพอใจในสิ่งที่ทำ
- ความเพียร ขยัน พยายาม
- เอาใจใส่
- ไตร่ตรอง ใฝ่ปัญญา วางแผน
ประเมินผล

Hope for the best,
prepare for the worst







Believe
In What
You Do





Self-actualization



Finale

Thank you

