



CAREER &  
PROFESSIONAL  
DEVELOPMENT

# NEWSLETTER

February 2023

## Upcoming Events:

Mock Interview  
Week  
Feb 6-10

UT-MS  
Feb 6, 6-7pm

CO-MS  
Feb 6, 7-8pm

Noteworthy  
Characteristics  
Workshop  
Feb 22, 12-1pm

First year Career  
Advising Session  
Mar 2, 12-1pm



## CULTURAL AWARENESS

As a physician, you will be working with diverse populations. Just like all areas of professional development, it's important to grow one's cultural awareness.



Jesús Treviño, PhD  
Vice President for  
Diversity, Equity, and Inclusion

### A MESSAGE FROM OUR VP OF DEI

Creating inclusive workplaces requires that staff members be cognizant of invisible and unconscious hurtful diversity dynamics that occur in workspaces. These include microaggressions, implicit biases, privilege, power, and other actions that send messages to people that they are not included. From another perspective, it is also important to understand that every individual has the power to create positive work environments. Practicing micro-affirmations, which are small gestures, comments, and behaviors that send messages to co-workers that they are valued members of the team, can lead to uplifting and inclusive workplaces. Examples of micro-affirmations include saying good-morning, offering to help, recognizing someone for their skills and talents, invitation to lunch, verbal support, and other gestures that welcome people into the work environment. Recognizing diverse community members and the talents and gifts that they bring to the workplace is also an example of micro-affirmations.





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## HOW TO CULTIVATE COMPETENCY

There are tons of resources out there to help you grow your competency:

- RVU Diversity Days Summit
- Podcasts
  - [Docs with Disabilities](#)
  - [Healthcare Professionalism](#)
- Volunteer
  - CO: Project Worthmore
  - UT:
- Member trainings through [professional organizations](#)
- Conference attendance
  - [Black History Month Festival](#)
  - [DEI Leadership Conference](#)
- [Colorado School for Public Health](#)
- Books
  - [Racial Healing Handbook](#)





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## WELCOME, MIKE!



Mike Colyer is the newest member of our Career and Professional Development team. Mike received a Bachelor's of Arts in Political Science with a minor in History from Metropolitan State University- Denver and a Master of Arts in Education- Curriculum and Instruction, from Colorado Christian University. He began his career in career education with Arapahoe Community College as a JTPA (Job Training Partnership Act) instructor while simultaneously working for Denver Business College as career education instructor. Mike chaired the Business and Professional Development department at the college and later served in administration as Associate Dean and Academic Dean.

He later served administratively at National American University's Kansas and Missouri campuses as Director of Education and then went on to serve the Missouri state agency Full Employment Council in career readiness training and instruction. More recently, Mike has been a career education instructor with the Institute of Business and Medical Careers (IBMC College), Longmont campus and as a private career readiness counselor for clients in the north Denver metro area. He has one daughter who is an oncologist FNP with the Rocky Mountain Cancer Center, Boulder, whom he is very proud of. Mike enjoys horseback riding and biking in the beauty of Colorado.