



AMWA Resident Quarterly



August 2025

Resident Division President's Message



Hi everyone,

I am President of the AMWA Resident and Fellow Division. My vision for this year is to build a dynamic and empowering experience that serves as a catalyst for personal growth, professional excellence, and transformative change in healthcare. As a collective, we envision a future where every trainee is empowered as a leader, innovator, and advocate for health equity and systemic improvement. At the core of my vision is a commitment to fostering a culture of mentorship, collaboration, and continuous learning.

By investing in the development of our trainees, we aim to cultivate a workforce that is resilient, compassionate, and driven to challenge the status quo. It is my hope that the division will serve as a hub for interdisciplinary engagement, scholarship, and quality improvement, inspiring residents and fellows to become agents of change within your institutions and communities. Through robust leadership development, research support, and advocacy training, we will be better prepared to shape policies, improve systems, and ultimately, elevate the standards of care.

I am excited for the upcoming year with AMWA, and excited to grow and develop alongside everyone!
- Dr. Subhjit Sekhon, Maternal-Fetal Medicine Fellow at NYU Grossman School of Medicine

Resident Leadership 2025-2026



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Subhjit Sekhon, MD



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Awards
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Emily Forester, DO



Mentorship
Paola Loreto-Palacio, MD, MS

AMWA EVOLVE - Leadership Certification Program

Stand Out as a Leader: Enroll in the [AMWA EVOLVE Certificate in Leadership](#) program.

Designed for trainees of *all specialties*, AMWA EVOLVE is an 8-month virtual leadership program which covers foundational leadership competencies through interactive exercises, group coaching,

and real-world discussions. Strengthen your leadership abilities and learn proven strategies to navigate challenges commonly faced during residency and beyond.

Begins in October - act now as we have filled our cohorts every year.

- ✓ **Early Bird Rate**, Register by **August 20**
- ✓ **Group Rate** for 4+ trainees
- ✓ **Fully Virtual** with flexible scheduling
- ✓ **Program subsidized** for AMWA members

Invest in your future, amplify your influence, and set yourself apart in a competitive healthcare environment.

ENROLL

[Financial Planning Tips: From Residency to Retirement](#) by *Blakely Financial*

As a resident, you're working long hours with a limited budget, possibly major debt, and other financial responsibilities. Having a clear plan will ensure that you reach key goals. The earlier you start, the more flexibility you'll have throughout your career. Even small, consistent actions can create a solid foundation for long-term financial success.

Three key steps can help you take control:

1. **Get Clear on Your Financial Picture**

Understand what you earn, spend, and owe. Use budgeting tools to track your cash flow and identify trends. A clear financial picture helps you make informed decisions at every stage.

2. **Invest in Your Future**

Consistency is more important than perfection. Automate savings and retirement contributions, even in small amounts. As your income grows, you can diversify your assets and create a mix of tax-advantaged accounts to maximize long-term growth.

3. **Protect What You're Building**

Your ability to earn is your most valuable asset. Consider disability and life insurance options early to protect yourself with the best potential outcome. Also, make sure you have a basic estate plan in place, including a will and power of attorney documents.

Start now to set yourself up for financial freedom down the road. [Read the full article](#) for a deeper dive into each step and the practical tools you can use today.

Have loans to pay off? Check out [AMWA member discounts with Doc2Doc or SoFi.](#)

JOB BOARD

Looking for a job soon?
Check out AMWA's job board
for employers that are
interested in our membership!

[View all job postings](#)

EVENTS

Aug 19, Sept 30, Oct 29, Dec. 9
7:30 or 8:30 pm ET (Live)

PROGRAM ANNOUNCEMENTS

AMWA Annual Meeting to be held near San Francisco, CA, March 27-29, 2026. [Call for Abstracts!](#)

Navigating Conversations in Reproductive Care

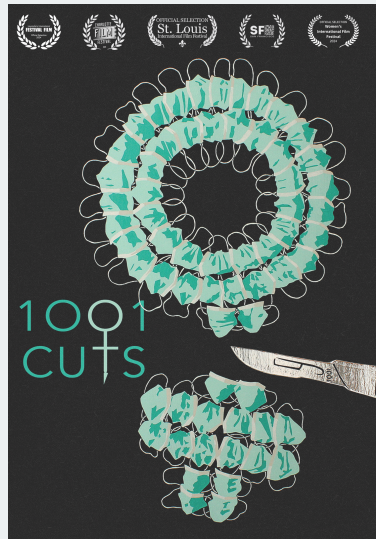
AMWA is committed to reshaping how patients and the general public understand and view reproductive care. Join free trainings on [Navigating Conversations in Reproductive Care](#) and learn strategies that will enable more effective, empathic conversations--on any topic. On-demand | Live options

[Navigating Reproductive Care Conversations Training Part 2](#)

Sept 13-15 | DC
[AMWA Interim Meeting](#)

Sept 30 | 7:00 pm ET
[1001 Cuts Film Screening & Filmmaker Discussion](#)

Mar 27-29 | San Francisco
[AMWA Annual Meeting](#)



OTHER NEWS

Loan Relief for Residents Pursuing Nephrology
Apply for the American Society of Nephrology [Loan Mitigation Program](#) (8/20)

BONUS: Attend a training and claim an extra \$30 off the AMWA EVOLVE fee. Use code: REPRO30 on the application.
Share this training opportunity with others in your program!

Women In Medicine Month Annual Lectureship
Special Film Screening: 1001 Cuts
followed by a discussion with filmmaker, Dr. Sarah Temkin
Sept 30 @ 7 pm ET
[REGISTER](#)

The Whole Brain Living Course: The Anatomy of Choice and the 4 Characters That Drive Our Life for Women Physicians

Led by Jill Bolte Taylor, PhD (Top 25 [TED Talks](#). NYT Bestselling Author of *My Stroke of Insight*).

Live | virtual sessions Aug 14 - Sept 4 with on-demand recordings.
90% off for trainees. Only \$50! Code: STUDENT90

MEMBER BENEFIT HIGHLIGHTS

Know Your Worth. Protect Your Career.

Physician contracts are complex. That's why AMWA has partnered with **Resolve** to review contracts, provide salary and term comparisons, and negotiate the best terms. AMWA members receive 10% off services, plus [access to free tools](#) that help evaluate your salary and contract.

Study Smarter with MedStudy

Claim your exclusive [member discount to MedStudy](#), a leading provider of board prep programs (internal medicine and pediatrics).

Apply for [Innovation Grants](#), and [Global Travel Grants](#).

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