

Breaking Silos & Rebuilding Community

FY2025 / Grant Cycle

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Overview

This initiative involved the Internal Medicine leadership team. The goal was to work together to create a unique cookbook that reflected a diverse range of culinary tastes and traditions within our team. The project was designed to foster teamwork, enhance communication, and develop resiliency among our residency leaders.

Data Snapshot

A needs-assessment survey was conducted and the top pillars that our team wanted to focus on for well-being were: Emotional, Environmental and Social. Below is a snapshot of post-event feelings.



Resources

<https://createmycookbook.com>

<http://createmycookbook.com/blog/ucsf-residency-team-creating-a-cookbook-to-celebrate-teamwork-and-tradition?preview=1>



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Project Details

This was a collaborative initiative where 42 of our Internal Medicine residency leaders (faculty, staff & chief residents) came together to create a unique cookbook that reflects our diverse culinary tastes and personal histories. This project was aimed at fostering teamwork, enhancing communication, and building resilience.

We had virtual collaborative sessions to talk about our goals, artistic meetings, and a final in-person retreat to collect and review the cookbooks. This project not only produced a meaningful cookbook keepsake for the year but also strengthened our leadership skills while celebrating the cultural diversity within the residency leadership team.

The group was so excited to see the recipes that were submitted. The in-person retreat was filled with excitement, joy and tons of conversation around culture and storytelling. Everyone was excited to talk about what they wanted to make first and it has become a talking point in meetings, at events, and even just day-to-day.

Project Challenges

It was a little challenging to get payment finalized in BarBuy for this company since they have to be paid in full prior to the cookbooks being made or delivered.

The initial BarBuy set up was quick and easy but we had to work through the payment side which we got taken care of.

Lessons Learned

People want connection. It was obvious that our team was yearning for a sense of belonging and teamwork that was lost during COVID. We've spent so much time siloed and in our own lanes that we didn't realize how much we were missing collaboration and a sense of bonding.

