


Charting a path in headache.
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Be pulled, not pushed, to do your work

- do things for love, not for your superego, your boss, your parents
- with your brains/drive you could be making a lot more money for a lot less work elsewhere
- make sure this path is right

Stretch out beyond your comfort zone

- *only way you will do anything really new*
- reach out to experts; read the paper; go to the talk you thought might be too far off the mark
- talk to people *outside* more than *inside* your field

Find that niche

- *place where you are more expert than anyone else*
- comparative advantage
- this has to be something you love

Ideas

- *ideas are cheap; implement them or you have nothing*
- ideas are never spontaneous, require gestation, crystallization
 - this is why the same idea pops up in 2 places at the same time

Do things first, beg forgiveness later

- *(within reason)*
- follow your instincts, they may be better than those of your elders and betters
- question authority
 - you are at the cutting edge; none of us knows anything; you may know more

Always have backup plans

- *what you can show for yourself when your great ideas inevitably fail*
- sometimes the best work comes out of what you initially thought was least important

- *don't be afraid to fail, to be wrong*
 - listen to what your wrongness is saying – it might be nature talking to you

Learn your finances

- *even if they are not technically 'yours' yet*
- you are an academic/scientific entrepreneur
 - what is your burn rate
 - how are you taxed
 - how does your clinical revenue stream work
 - *nobody will catch you if you fall. don't fall.*

Delegate

- *this is the only way you will be able to move upward; you cannot do it all yourself*
- delegation (like teaching) teaches you a lot about what you do and do not know
 - systematizing task sets is not easy, but essential
 - comparative rather than absolute advantage
- never be the rate limiting step
 - help others help you *first*, then do your stuff

Make friends, not enemies

- *but don't lose your integrity in the process*
- collaborate!
 - $2 + 2 = 8$
 - life is just more fun with collaboration

Advocacy

- *learn to explain your work to the public*
 - start with your kids, your grandmother
 - interviews > grants > papers – all are advocacy
 - practice practice practice

The matrix

URGENT, NOT IMPORTANT	Not urgent, not important
URGENT, IMPORTANT	Not urgent, important

What is important???

At the end of the day, what have you done that advances the science and patient care of headache?



Good luck – we’re all counting on you :>

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(and yes we are recruiting)
