

## Professionalism Month March 2026

*Join us for a chance to pause, reflect and realign*

**Becoming and Belonging:**

**A Guided Journaling Experience for Faculty**

**Tuesday, March 24 | 4:00 PM**

**Location: Alkek N104**



*Facilitated by:* Ruchi Gaba, MD, FACE, FEAA  
Associate Professor of Medicine & Endocrinology  
and Certified Journaling Coach

*In collaboration with:* Humanities Expression and Arts Lab (HEAL)

Faculty are invited to participate in a **guided reflection and journaling experience** focused on enhancing professional identity, purpose, and meaning in work. Through guided prompts, reflective writing and optional shared discussion participants will explore what it means to become and belong within academic and clinical spaces.

**No prior journaling or writing experience is required. Participants will receive a complimentary Moleskine journal** and light refreshments will be provided.



Use the QR code or click [HERE](#) to RSVP

Limited to 25 participants