



Dr. Thomas Leschke was unable to attend the 2019 retreat. The photo is his reason for not being able to attend. He had a son's birth to attend to!

He asked that we share his comments this way:

I regret that I was unable to make it to the retreat today but I have a few remarks that you can share with the group on my behalf if you choose (or do whatever you would like with them). I have always enjoyed the retreat and I wish I could have been there today.

Tom Leschke

I can't believe it is my turn to give Chief remarks at the Retreat. Although I have been here for over 4 years it's true what I have heard said so many times and have begun to repeat myself: "The days go slow but the years go fast."

I regret that I am not able to be at the retreat this year as it is truly a bright spot in what can become the mundane and grueling training that we all endure.

I have a few thoughts that I wish to share. None that are too profound, but just a few things that I have found have served me through my time here.

1. Be kind – when you are kind to others, they appreciate it and reciprocate it. Nurses that you are kind to pay it back with friendship and they will treat you with kindness and respect in return. If you have your fellow resident's back, they will have yours.
2. Have a positive attitude – I have found that by being positive about most situations I can change my mindset and get through most of the stuff that has the power to knock me down. It's not always possible, but by choosing to be the effector on situation rather than the affected allows for a sense of control that is often lacking in residency (this is hard and I often fail, but its worth trying!)
3. Work hard – not that this doesn't come easy to most of us, but I have found that what I lack in intelligence and talent I can make up for with hard work and dedication.
4. You can do anything you put your mind to – Don't let others tell you that fellowships are too competitive, that your scores aren't good enough, or that you're not good enough, because you are. Period.

5. Your worth comes from your inherent dignity as a human being and not from your performance as a resident – It is easy to feel that we are defined by our performance in residency. It is easy to have negative thoughts about ourselves when we struggle on a case or feel like we could have been more prepared for a conference or test. It's easy to forget that we are so much more than residents when it's residency that dominates 90% of our waking hours. I have found that the easiest way to stay grounded is to find something that means more to you than residency or your career (or maybe something that means just as much if that's difficult for you). Family, friends, self-care, God – whatever works for you, and dedicate time from your days or weeks to focus on that, to give you balance and perspective, and to remember that you are more than just a doctor.

6. Marshfield is great – If this is your first year here, explore the community and the surrounding towns. Buy into the small town life and open your heart and mind to what it offers and you may find you like it even if you thought you would not.

Finally, Life is good. It really is. Sometimes it's hard and it can be defeating. But it's often getting through the difficult times that brings lasting satisfaction and true joy. Good luck to everyone, and God bless you.

Dr Leschke Chief's Comments 2019 Retreat