



The World Organization of Family Doctors (WONCA) recently published that "leadership training has a direct impact on the ability of physicians to make continual system improvements." In response to this call, the Young Doctors' Movement of WONCA created ASPIRE. This program was approved by WONCA Executive October 2016. ASPIRE is a global leadership program aimed at increasing leadership abilities and international collaborations for trainees and junior family physicians.

The name **ASPIRE** is a mnemonic: **A**cademics, **S**tudents, **P**re-conferences, **I**nternational Collaboration, **R**esearch/**R**esidents, **E**xchanges.

Requirements:

1. Tier 1:

- a. Attend 1 WONCA, pre-approved national or international conference and submit a 1-page summary to ASPIRE team about the learning experience. A list of pre-approved non-WONCA conferences are found here: <https://sites.google.com/site/someambassadors/events>
- b. Submit a scholarly activity (SA) proposal with at least one international co-author to the ASPIRE team with the goal of future presentations and publication.
- c. Plan details to participate in an exchange in the next year (host or visit). Must provide specific goals/details to ASPIRE, team

2. Tier 2:

- a. The participant should be involved within regional YDM and participate at least 1 YDM activity as approved by that YDM's leadership.
- b. Participate in an international exchange (host or visit) for at least two weeks. Submit a 1-page summary to ASPIRE team about the learning experience.
- c. Present above mentioned SA) at a WONCA regional/world conference or national/international level pre-approved conference. There must be at least one international co-author.

3. Tier 3:

- a. The participant should be involved within his/her regional YDM. At a minimum, the participant must actively participate in at least one additional YDM activity as approved by that YDM's leadership.
- b. Participate in a second international exchange (host or visit) for at least two weeks. Of note, 1 of the two exchange experiences required must be a hosting experience as hosting requires a different skill set. Submit 1-page summary to ASPIRE team about the learning experience.
- c. Present a SA of the participant's choosing at a WONCA regional/world conference with one international co-author.

**How to connect?**

1. Polaris Chair: Kyle Hoedebecke – [khoedebecke@gmail.com](mailto:khoedebecke@gmail.com)
2. ASPIRE North America Liaison: Maria del C Colon-Gonzalez MD - [aspire.polaris@gmail.com](mailto:aspire.polaris@gmail.com); [mcgmed2010@gmail.com](mailto:mcgmed2010@gmail.com)
3. Facebook Pages: ***WONCA Polaris***, ***ASPIRE***, ***Global Leaders***

### **How to become a mentor?**

ASPIRE team invites instructors and to get certified as a mentor. The mentor you should help three participants achieve ASPIRE-3 tier, or six participants achieve ASPIRE-2 tier, or twelve participants achieve ASPIRE-1 tier.

Provide annual feedback to ASPIRE team as well as mentees.