

WOMEN

In Business

PRESENTING SPONSOR:



Rebecca Coplin

Providence Seaside



HOW LONG HAVE YOU BEEN IN YOUR LINE OF WORK AND WHAT GOT *you* STARTED?

“Almost 30 years, though I knew that healthcare was my destined career since I was a kid. Both of my parents worked in hospitals, and, when I was young, I would tag along with them to work. I felt comfortable in hospitals and saw them as a place of energy and purpose. As I went into college and was trying to decide what to do, I considered being a doctor. But I'm going to be honest, I saw the hours my dad put in and I saw that it took so much out of him and our family. When I realized there was actually a career in Healthcare Administration, that was it. That was one of the easiest decisions I ever made.

After graduating with a master's in healthcare administration, I came to Oregon in 1996 to be **OHSU's** first Administrative Fellow. At the time, I didn't expect to stay in Oregon after my fellowship, but I just loved Oregon, met my husband (an Oregonian) and was so fortunate to join **Providence**, so here I stayed!"

WHAT IS A CHALLENGE *you* HAVE HAD TO OVERCOME?

“Confidence. Because when I first started my career path, I went straight through from college to graduate school. I was 23 when I moved by myself from the East Coast to Oregon for my first job and I didn't really have any practical experience in the work field yet. I saw how everyone around me knew what to do and what to say. Everything was so new to me and, yes, healthcare is pretty complicated! I was incredibly intimidated. I became confident, gradually, overtime but those early years were very hard.

Fortunately, I had great female role models all along the way and I was also lucky to have found an organization that let me grow and allowed diverse opportunities and challenges. Now, I'm mentoring younger leaders of the future and I absolutely love to hear them say they want to be me someday.”

AS WOMEN WE OFTEN DON'T BRAG ABOUT OURSELVES. TELL ME SOMETHING YOU'VE DONE THAT *you* ARE PROUD OF.

“I think balancing my family and my work. It was easier back then, when my kids were little, because we had reliable childcare and I was able to go back to work. And I really took the long view... I turned down opportunities because I wanted to be very involved with my family. I wasn't in a hurry to move on. But now that my teenage boys are 17 and 19, I'm making very different decisions. I've found a new and really great balance working at **Providence Seaside Hospital** during the week, where I can be 110% all in, and then heading back to Portland to spend the weekend with my boys and husband, where there too, I can be 110% all in focused on them. We're a very close-knit family and they are incredibly supportive of my commuting because working with the team at PSH makes me happy. It's the place of energy and purpose I'd always hoped for.”

WHAT IS ONE THING YOU WISH YOU COULD TEACH ALL YOUNG women?

"Imagine yourself where you want to be. I had exposure at a really young age to my career, so I could see where I wanted to be. That's what I wish for young girls and women, to be able to look for those opportunities to get exposure to different careers and role models. Explore different fields, meet new people, and always, always ask for help. There is always someone who has been in their shoes and can offer wisdom and advice. Find opportunities, make opportunities, and then make sure to give opportunities back out to others."

WHO INSPIRES YOU AND WHAT DRIVES *you?*

"I'm inspired all the time, I guess I see inspiration all around me, every day. This past weekend I was inspired by my teenagers, just because we were cooking together and having a good time. Today, I was inspired by my leadership team. You see every day, we have what's called a 'safety huddle', where we have a roundtable, checking in with everybody to see how every department is doing and if they have any concerns or needs. One very important part of the roundtable is we give kudos to one another. It is just awesome that there are always so many kudos and recognition going around. It happens so organically. When I round in the hospital, I enjoy talking with our caregivers and their dedication to the health of our community is the most incredible inspiration.

So, I think one of the keys to life is just seeing inspiration all around you. And, thank you, Katie, because I'm inspired by YOU for doing this important work and lifting up these encouraging messages for young women in our community. Thank you!"

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"Advice for women? Go for it. Do your thing. Don't hold back" - Lori Lum

"Be strong, yet willing to take chances" - Julie Lum