

## What is Power of Ten?

**The Power of Ten Program** will offer ten early-career veterinarians the opportunity to complete a personal and professional development program comprised of in-person educational opportunities and activities over a 12-month period.

The PVMA will provide topic experts, meals, and meeting expenses at no charge to the participant. Modules will be held at locations around the Portland area and mid-Willamette Valley with the exception of attendance at the AVMA's Veterinary Leadership Conference in Chicago.

## Key Benefits

*Through the Power of Ten, you will:*

- Develop fundamental understanding of leadership skills, personal and professional goal setting, and emotional intelligence
- Deepen understanding of communication styles and skills
- Heighten awareness of yourself and better understand how to maximize interactions with those around you
- Gain the competency to utilize these skills within your life, practice, and community
- Experience a supportive environment that fosters meaningful interpersonal relationships and collaborative, lifelong interactions

## The facilitators



### **Dr. Ariel Grubb, WSU CVM Graduate 2013**

*There is a sad sense of disenchantment among young veterinarians. For many of us, the career is not turning out to be what we expected, we are less engaged, feel less satisfied and less hopeful than we were when preparing to do this work. We can accept the realities and trudge on, or we can get involved and use our voice to transform our field. The PVMA Power of 10 Program is a platform for our voices and can allow us to make change on a very local level. The program provides much needed community,*

*exposes its participants to innovative ideas and allows for skill development, reflection and insight. At the very least it supports the lives and careers of young veterinarians and at its most it could be a vehicle for a revolution in the Portland Veterinary community! I deeply appreciated being part of the inaugural P-10 class and am honored to be able to come back this year as a facilitator. I look forward to meeting you all and hearing your perspectives and vision for our wonderful profession.*

### **Dr. Marissa Rothenbaum, UC Davis CVM 2011**

*In all honesty, I struggled in veterinary school. A type-B extrovert living in a type-A introvert's world. I never felt like the "average" veterinary student, having pursued marine biology, not veterinary medicine, from age 8-23. Beyond my unique past, I felt too sensitive, too deeply affected by the way students were treated by faculty and residents, and unsure of what to do other than put my head down and miserably forge on. I thought it was just me, but then I graduated and started to hear about the suicide rate in our field, read about prominent, seemingly successful veterinary figures taking their own lives, heard some of my best friends talk about how soon they could leave the profession if they just paid off their student loans. Slowly, I realized how everyone was affected by our training, the stresses of practice, the disillusionment of reality as a veterinarian, it wasn't just me. Our profession suffers from deep-seated, systemic issues that may take decades to change, but it is our obligation is to support each other, now. Building community, creating spaces to speak openly about challenges and emotions, respecting our peers in the career decisions they make, and generally being kind to one another. I initially saw the P10 program as an incredible opportunity to forge connections in the local veterinary community, to which I'm relatively new. And after completing the program, I have the new connections I expected, but what I didn't anticipate is the potential in our synergy moving forward, as we build a P10 alumni group and begin accepting applications for the next class of P10. I am so excited to see what this group can do as we work together!*



**Program eligibility:** PVMA member veterinarians who have graduated from an accredited college of veterinary medicine between 2010-2017. Others will be considered on a case-by-case basis. *It is recommended that 2018 graduates wait until they complete their intern year but will still be considered if someone is particularly interested.*

**To Apply:** Completed applications will be accepted through [Tuesday, August 15th](#) and participants will be determined by September 4th.

## Curriculum

There will be 6 in-person modules (4-6 hours each), along with an overnight kick-off retreat, several less formal gatherings, and a workshop with other PVMA members. Meeting times will range from days to evenings, weekdays to weekends, and the format will vary by module. The full syllabus will be provided as soon as it is finalized to allow participants to plan ahead. Below are the dates, times and topics determined so far.

### **Saturday, September 29th**

*Welcome gathering* with PVMA Executive Board.

### **October 26th- October 28th**

*Overnight kick-off retreat and Insights communication and personality awareness workshop*

### **November (Date TBD)**

*Overview of organized veterinary medicine-Community partners and agencies roundtable*

### **January 10th –13th**

*AVMA's Veterinary Leadership Conference Stipend to send 1 participant to Chicago for the emerging leaders program*

### **January (Date TBD)**

*Post VLC- Group Dinner*

### **Date TBD**

*Debt Dragon Workshop.* Significant others encouraged to attend.

### **February (Date and topic TBD)**

### **March (Date and topic TBD)**

### **Monday, April 15th or 29th (pending)**

*Emotional Intelligence/Leadership/Wellbeing*

### **May (Date and topic TBD)**

**June-August:** Informal get-togethers and continued conversations

### **September 12, 2019**

*Course completed– celebration of completion of program*