

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 primarily at the PVMA office located in SW Portland 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. Elizabeth Killham,
Virginia-Maryland Regional CVM 2012



Dr. Alex Moore, UC Davis SVM 2011

"We give support and compassion to our clients all day at work, yet come home and have little left for ourselves. Being in this field for 7 years, I have found it very difficult coping with this intense day to day emotional labor along with managing an identity outside of this profession. I joined the Power of 10 shortly after transplanting to Portland last year in an effort to find a sense of community and foster my career development. With this adventure also came support from group members and recognizing the need for self compassion. Through introspection and candid discussions among ourselves and experts in the field, this group has helped me to realize I am not alone in my struggles (past and present) and aspirations for the future. I look forward to being able to help other young veterinarians this year to find the support and belonging that I have, as well as the courage to put great things in motion. I also love laughing, making people laugh, art, and wine. It is going to be a spectacular year!"

Program eligibility: PVMA member veterinarians who have graduated from an accredited college of veterinary medicine between 2011-2018. Others will be considered on a case-by-case basis. *It is recommended that 2019 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 **Monday, August 5th** and participants will be determined by August 20th.

Curriculum

There will be 7 in-person modules (5-7 hours each), along with an 2-night kick-off retreat, several informal gatherings, and workshop with other PVMA members and P10 alumni. Modules will primarily be on Fridays from 9am-2pm and the format will vary by module. Most will be held at the PVMA office located in SW Portland. 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.

Sunday, September 22nd 3-5pm

Welcome gathering with PVMA Board of Directors

October 18th- October 20th (Welches, OR)

2-night kick-off retreat and Insights communication and personality awareness workshop. *Supported by Elanco*

November 8th

Overview of organized veterinary medicine-Community partners and agencies roundtable

January 9th -12th

AVMA's Veterinary Leadership Conference Stipend to send 1-2 participants to Chicago for the emerging leaders program

January 24th (Topic TBA)

December (date TBA)
Social/Volunteer Activity

February 21st (Topic TBA)

March 20th (Topic TBA)

Monday, April 20th

Emotional Intelligence/Communication/Wellbeing
Dr. Betsy Charles

May 15th (Topic TBD)

June-August: Informal get-togethers and continued conversations

September 10, 2020

Recognition of program completion at PVMA General Membership Meeting