

What is Power of Ten?

The Power of Ten Program offers 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.

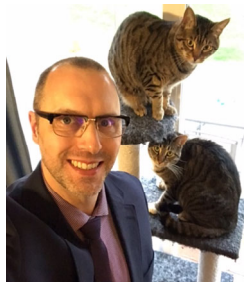
The PVMA will provide topic experts, meals, and meeting expenses at no charge to the participant. Current membership in the PVMA is required. Modules will be held primarily at the PVMA office located in SW Portland with the exception of attendance at the AVMA's Veterinary Leadership Conference in Chicago.

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. Carl Winch,

University of Glasgow CVM 2008

Dr. Carl Winch graduated from the University of Glasgow in 2008. He worked in small animal practice in the UK prior to moving to Portland, OR with his husband in 2014. He was chief of staff for Banfield Pet Hospital until 2019 when he made the move to central team support where he is currently on the Veterinary Affairs Team. He was a participant in the inaugural Power of 10 with the PVMA in 2017 and recently participated in The Power of 10 2.0 group during the pandemic. Supporting the veterinary profession and developing veterinarians are very important to him. When not working, he can usually be found working in his garden or planning the next diy project at

Home Depot. He looks forward to the opportunity to get to know this next Power of 10 group and travel this journey with them.

Dr. Cindy Galbreath, UC Davis SVM 2011

"Being an early-career veterinarian can be challenging for so many reasons, but we don't want lack of support or opportunity for connection to be one of them. Whatever you've found tough about your first few years in practice, you probably aren't alone in. And whatever you've found helpful or hopeful from your first few years in practice should be celebrated and shared. The power of this group is connection -- with each other, and with our community's mentors. At a time when the demand for our service is higher than ever, supporting the well-being and resilience of our newest veterinarians is more important than ever. This is my third year working with P10 as part of the PVMA Board of Directors, and I'm really excited to welcome this year's class."



Program eligibility: PVMA member veterinarians who have graduated from an accredited college of veterinary medicine between approximately 2013-2020. Others will be considered on a case-by-case basis. *It is recommended that 2021 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 **Friday, August 20th** and participants will be determined by September 1st.

2021-22 Curriculum

There will be 7-8 in-person modules (5-7 hours each), along with an 2-night kick-off retreat, several informal gatherings with other PVMA members and P10 alumni. Modules will primarily be on Thursdays from 2-7pm 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.

September 17– 19th (Welches, OR)

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

October 28th, 2-7pm

November 18th, 2-7pm

AVMA's Veterinary Leadership Conference
Stipend to send 1-2 participants to Chicago/ or support virtual participation for the emerging leaders program

December 9th— tentative

January 6-9th—Chicago

AVMA's Veterinary Leadership Conference
The PVMA will provide a stipend for 1-2 participants to attend.

Friday, January 21st, 3-6pm

VLC debrief and Pre-PVMA Winter Party Gathering

February 17th, 2-7pm

March 24th, 2-7pm

Monday, April 25th, 9am-3pm

Emotional Intelligence/Communication/ Wellbeing

May 19th, 2-7pm

June-August: Informal gatherings and continued conversations

September 8, 2022

Recognition of program completion at PVMA General Membership Meeting