

P10 POWER OF TEN



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 9-month period. The PVMA will provide topic mentors, meals, and meeting expenses at no charge to the participant. Current membership in the PVMA is required.

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

Focus areas and resources:

- Community mentors: pathways, opportunities, journeys in vetmed, partners
- Client and team communication: difficult conversation and conflict resolution
- Equity, Diversity, & Inclusion: learning, growth, and application
- Legal: employment contracts and practice ownership preparation
- Financial planning and student debt management
- Mental health and well-being support and resources
- Growing confidence in leadership

2023-24 Curriculum:

For more detailed information and the application, please visit our website at www.portlandvma.org/power-of-ten

Module locations:

Modules are held at the PVMA office in SW Portland with the exception of the kick-off retreat and attendance of the Veterinary Leadership Conference in Chicago for 1-2 participants.

Program eligibility:

Current PVMA member veterinarians who have graduated from an accredited college of veterinary medicine between 2016-2022*. Others will be considered on a case-by-case basis.

**It is recommended that 2023 graduates wait until they complete their intern year, but will still be considered if someone is particularly interested and has good support.*

To Apply: Completed applications will be accepted through **Monday, August 28, 2023.**

2023-24 Program Schedule

September 15–17th - Kick-off retreat

October 12th - Module

November 9th - Module

December 5th - Social Outing

January 4-6th - AVMA's Veterinary Leadership Conference

January 11th - Module

February 8th - Module

March 14th - Module

April 11th - Module

May 9th - Module

Additional Module Information:

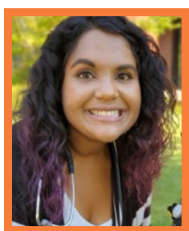
- 9am-3pm, 6 hours each
- Most held at PVMA office in SW Portland
- 8 in-person modules, December social outing
- Format will vary by module
- Informal gatherings with PVMA board of directors and P10 alumni may be planned in addition to regularly scheduled modules.





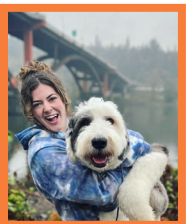
Dr. Brianna Blanchard, Ross University 2019

I'm a 2019 graduate from Ross University. As a native Oregonian who hates the rain, I try to escape to sunnier places as much as I can. I love cats, ice cream, Christmas and my husband, who is also a veterinarian. Power of Ten helped me through a particularly hard season of my career and provided me with the support I needed to make a change. Getting to know my peers helped me know I was not alone in feeling like I was on the fast track to burn out. Getting to know more senior members of the community helped me feel hopeful for a sustainable career. Power of 10 builds up the areas of professional development that are so often neglected-self awareness, mentorship, communication, wellness, inclusion and diversity. I'm looking forward to welcoming the new class and continuing to build relationships in the Portland veterinary community.



Dr. Samantha Lough, Oregon State University CCVM 2021

Veterinary medicine is a fascinating, yet challenging field. I've known that I have wanted to enter this field since I was a little girl. Granted, the journey was difficult, much more than I could have anticipated – especially when you throw a global pandemic into the mix. It can be easy to feel isolated as a newer practicing DVM - PVMA's Power of 10 program has not only connected me with a wonderful support group of my peers but has also exposed me to a variety of resources to continue my journey as a young veterinarian. I've learned how much this community has to offer and it's allowed me to have a new perspective on this field. I look forward to welcoming this new class, providing my insight, and growing with you.



Dr. Emily Fitch, Oregon State University CCVM 2020

As a 2020 graduate, my transition from vet school into clinical practice was anything but smooth. Along with the unique challenges of the pandemic, I experienced what many new grads face each year. The sense of community that I had found while learning alongside my classmates was quickly replaced by feelings of inadequacy among more experienced doctors. While I PRACTICED practicing medicine over the first couple years (and man was it a steep learning curve!), I also had to learn how to balance my other priorities in life. For me, that eventually involved negotiating a consistent work schedule that doesn't leave me feeling drained or resentful. Creating and maintaining a sustainable career was one of the common goals among every recent graduate in my PVMA Power of 10 group. Mentorship is crucial in our profession, and so is camaraderie. Power of 10 promotes both! I really enjoyed spending time with a group of both new and familiar faces while dedicating time to the aspects of our lives/careers that can be easily overlooked. This program has helped to restore my sense of community in this profession, and I am excited for the opportunity to be involved again this year!