

A photograph of a veterinary clinic with a teal overlay. A female veterinarian in scrubs is examining a dog. Another person is visible in the background.

Flash Mentoring Session - AVTE



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health



Mission

Leveraging evidence-based approaches to empower veterinary professionals, transforming veterinary medicine into a healthy profession for individuals and communities.



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Leap

MentorVet
Legacy

Early Career

MentorVet
Student

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Lead

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Practice Manager
2026

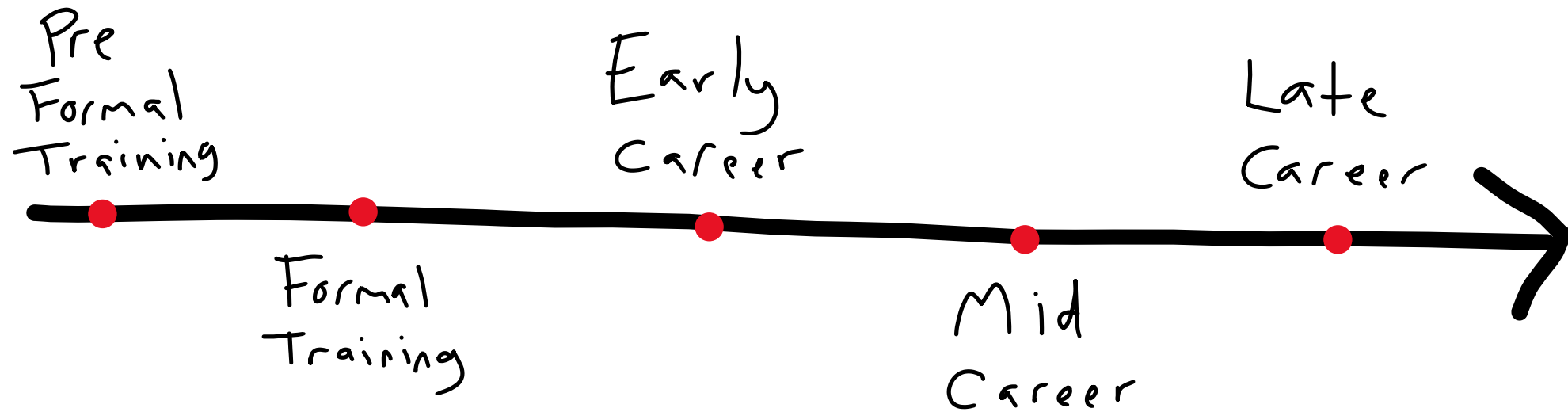
Late
Career

What is veterinary mentorship?

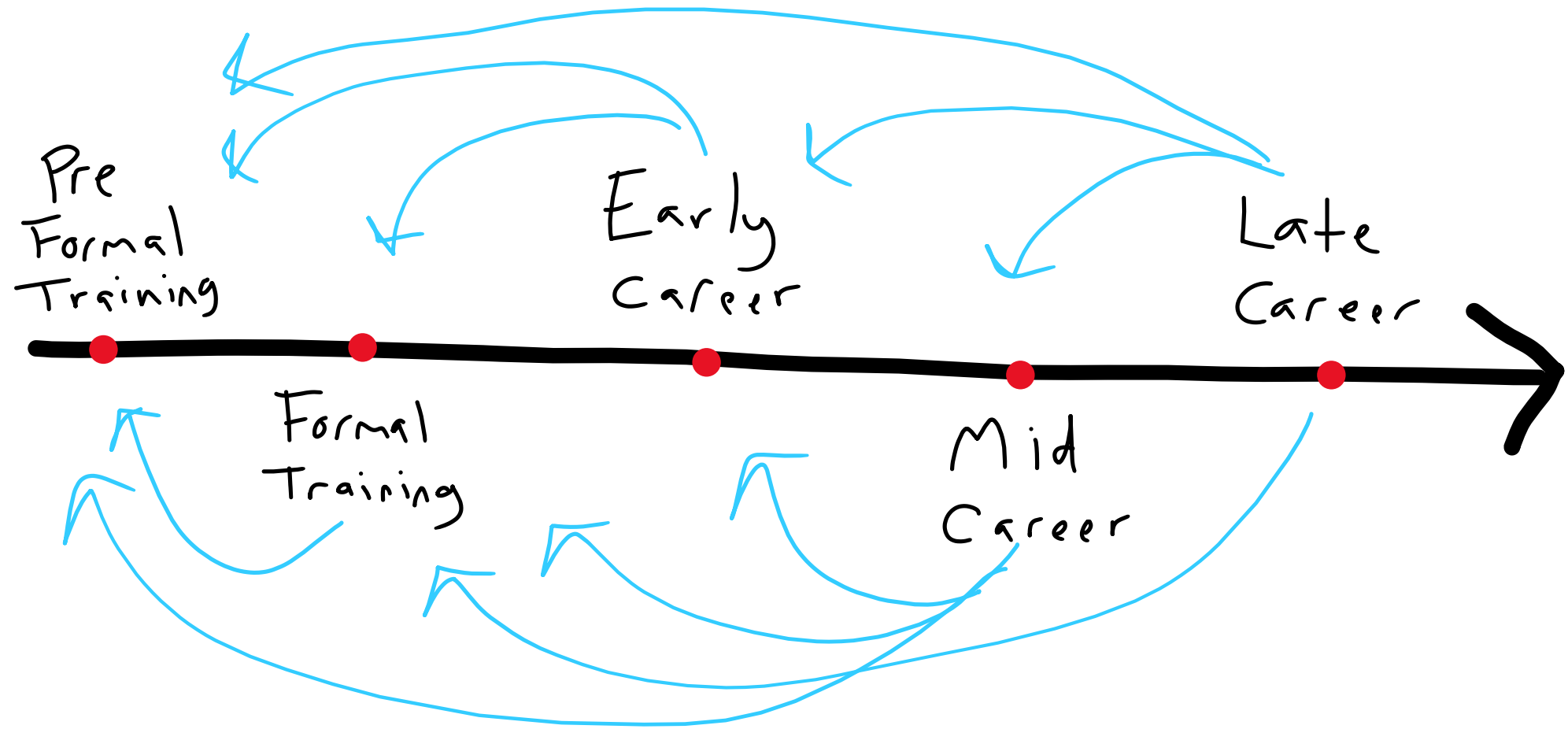


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The Evolution of Veterinary Mentorship

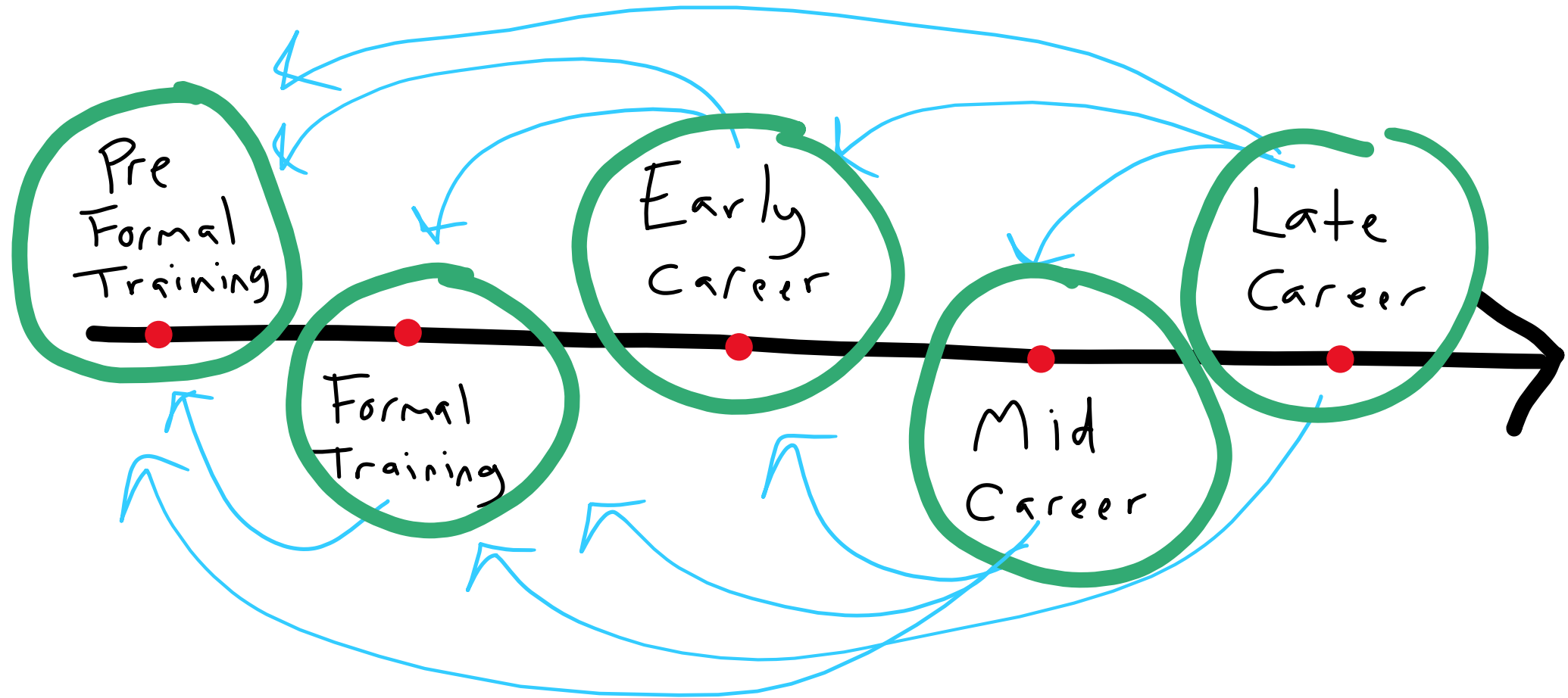


The Evolution of Veterinary Mentorship



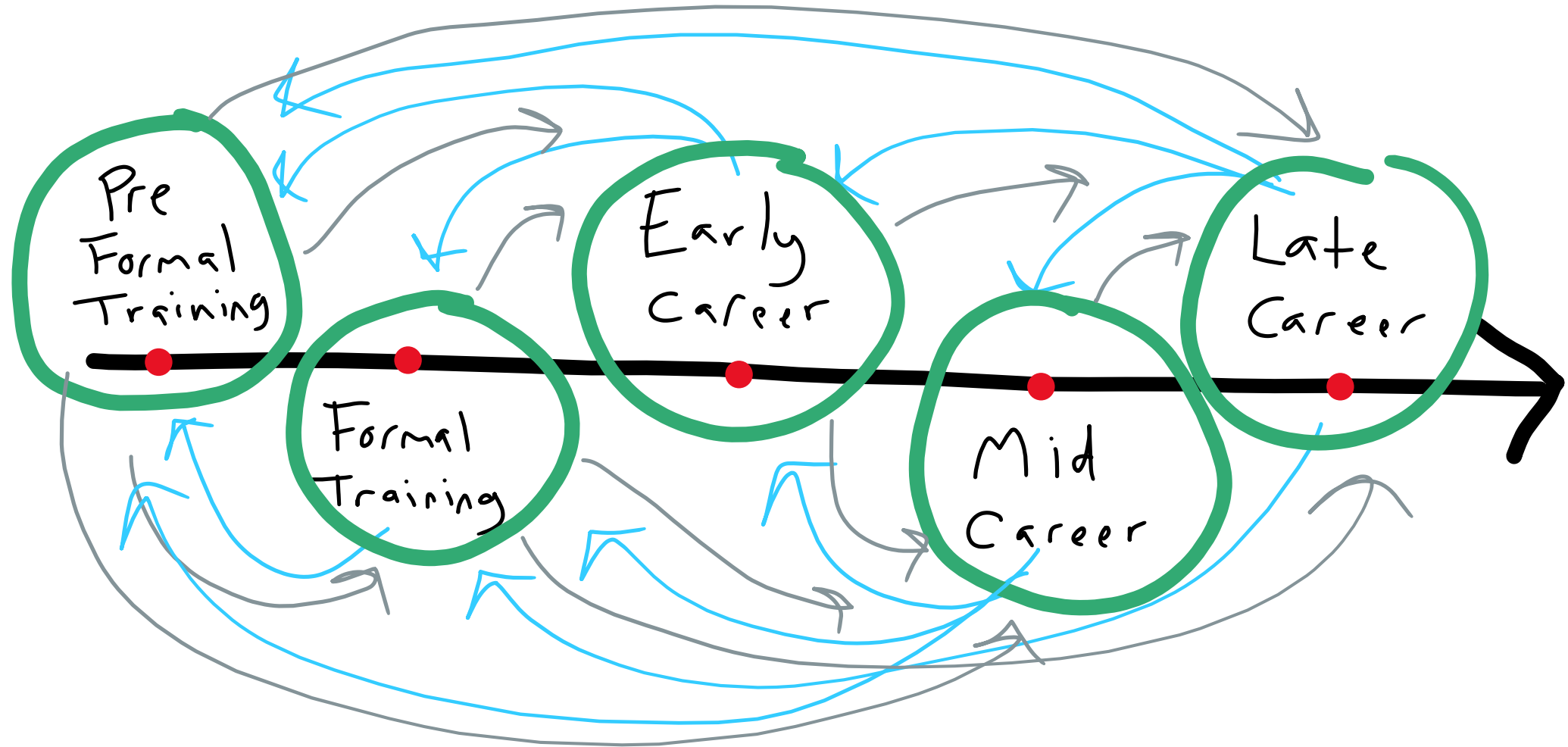
Traditional Mentorship

The Evolution of Veterinary Mentorship



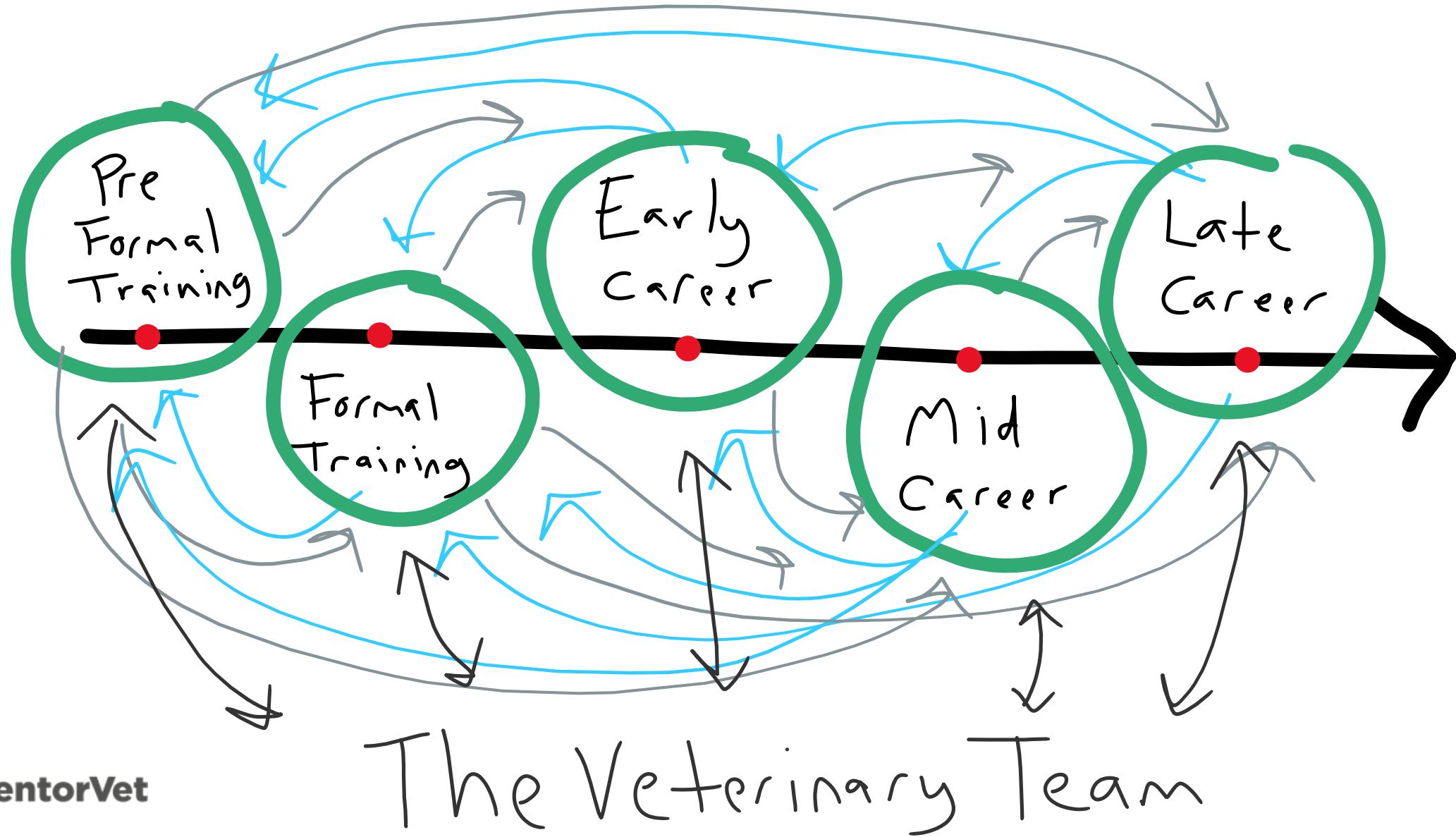
Peer Mentorship

The Evolution of Veterinary Mentorship

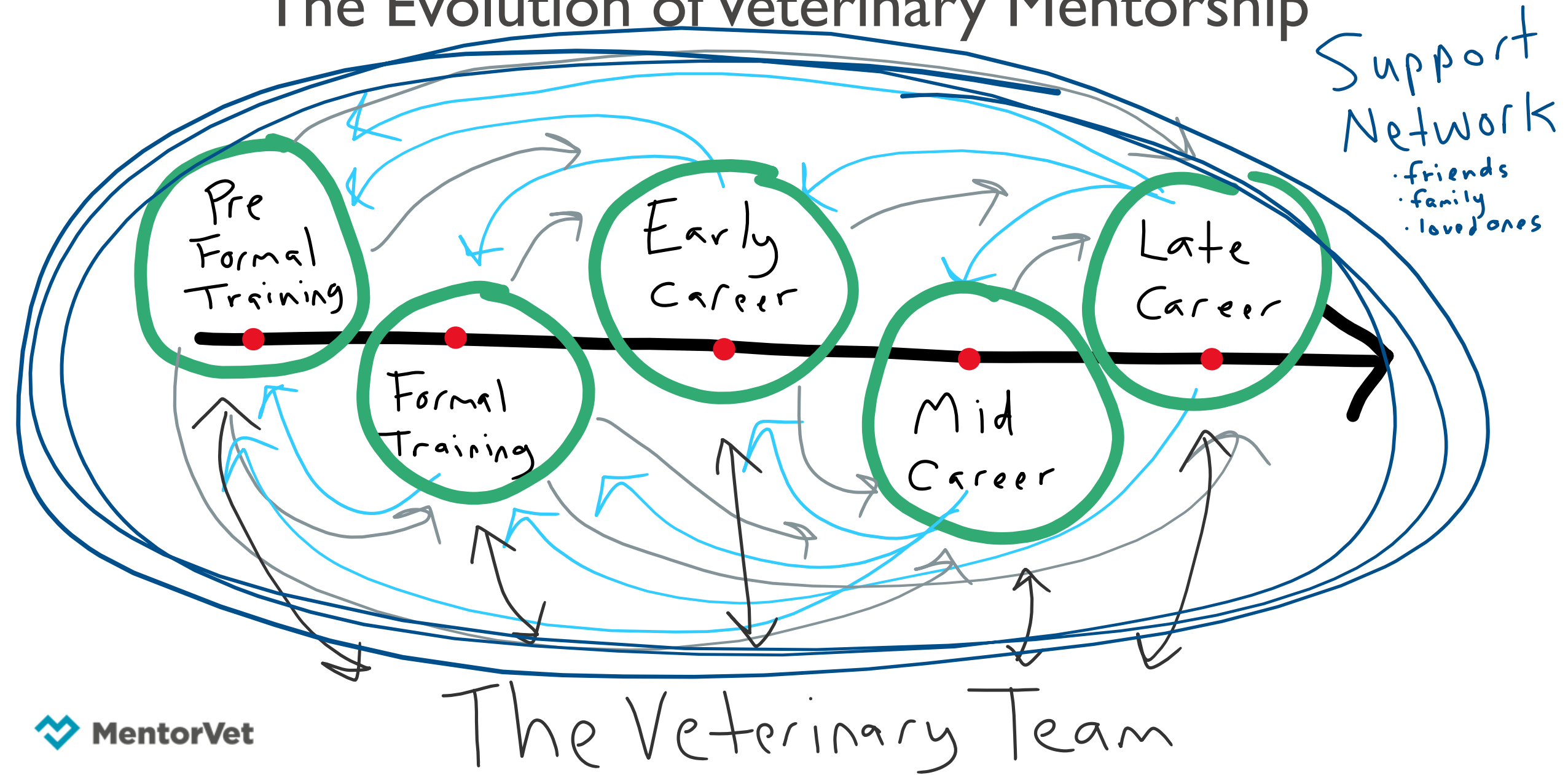


Reverse Mentorship

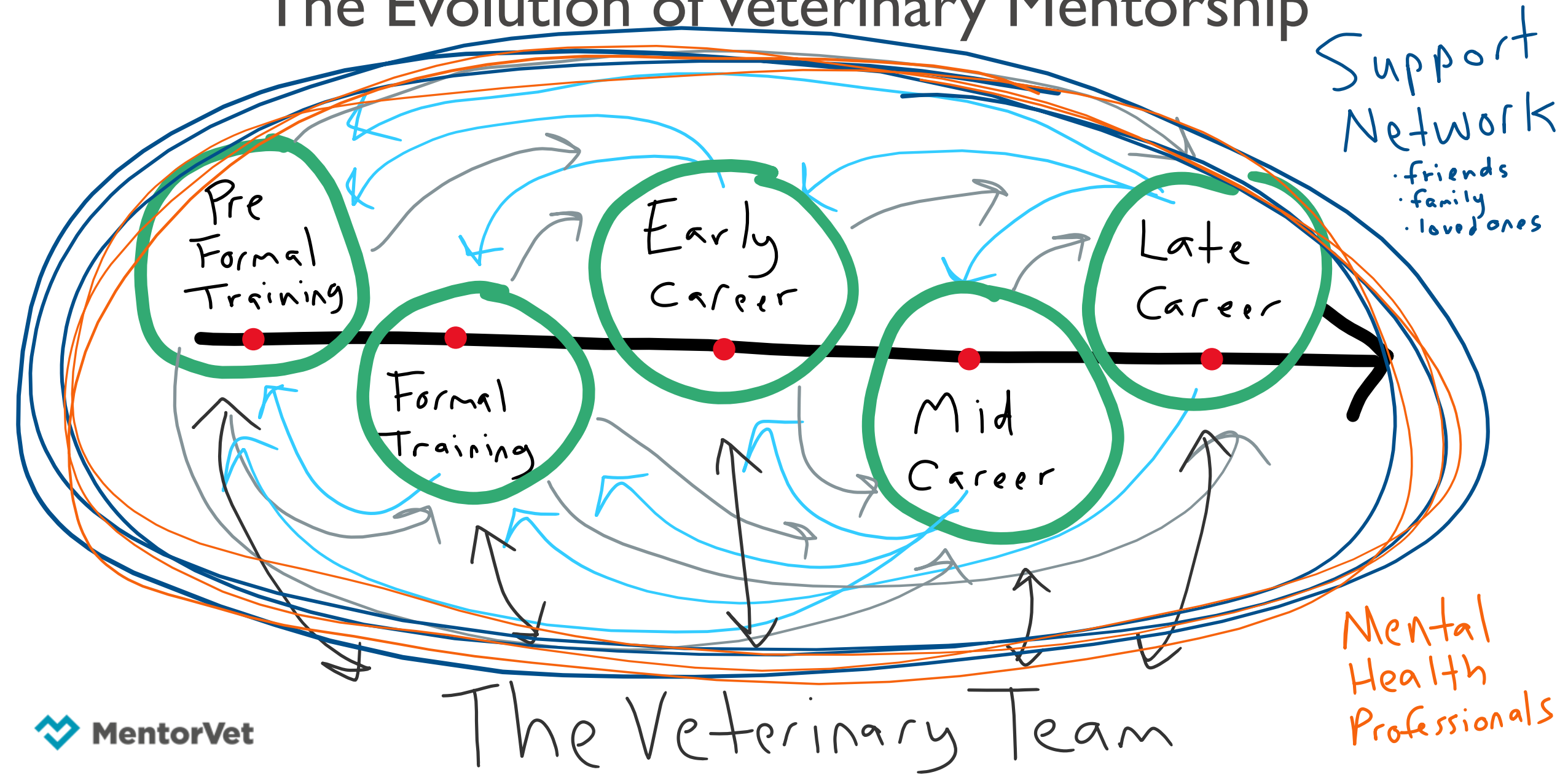
The Evolution of Veterinary Mentorship



The Evolution of Veterinary Mentorship



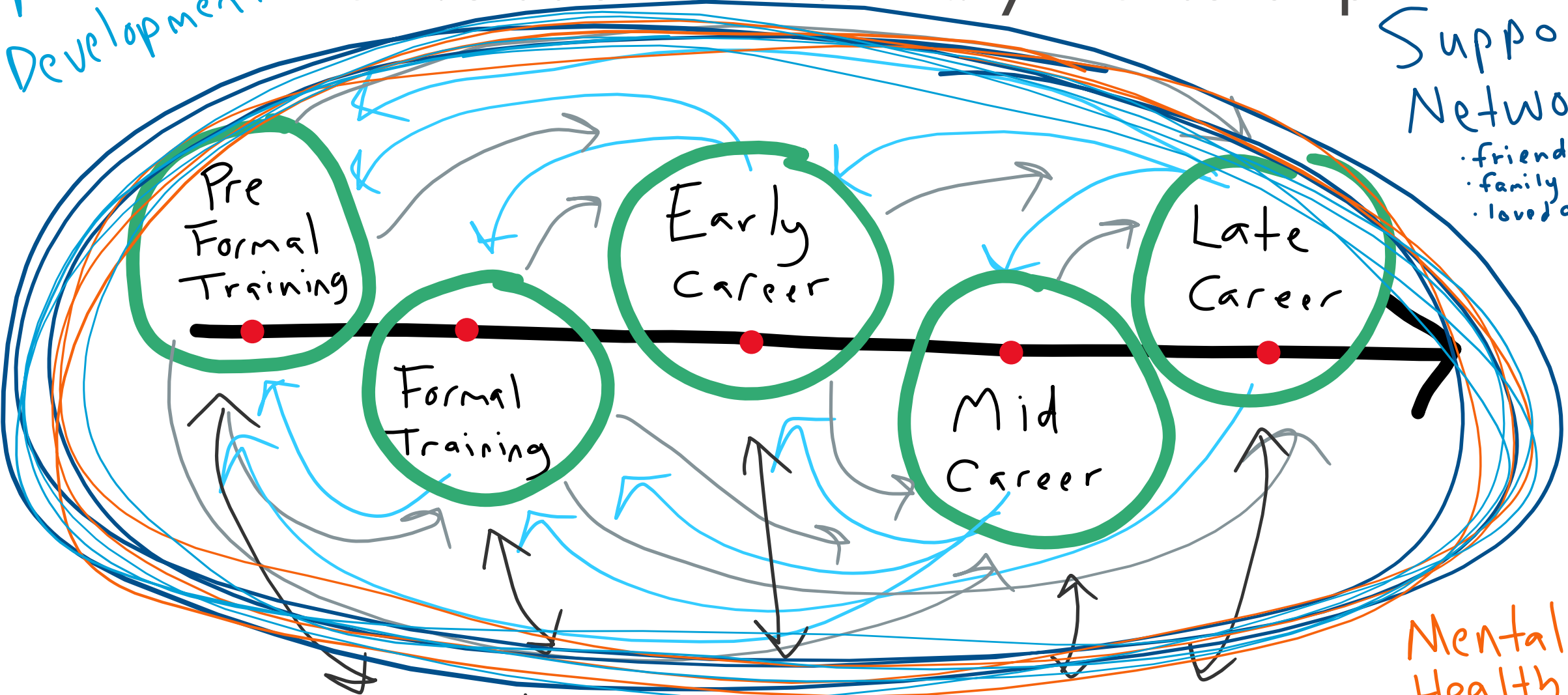
The Evolution of Veterinary Mentorship



Professional Development

The Evolution of Veterinary Mentorship

Support Network
· friends
· family
· loved ones



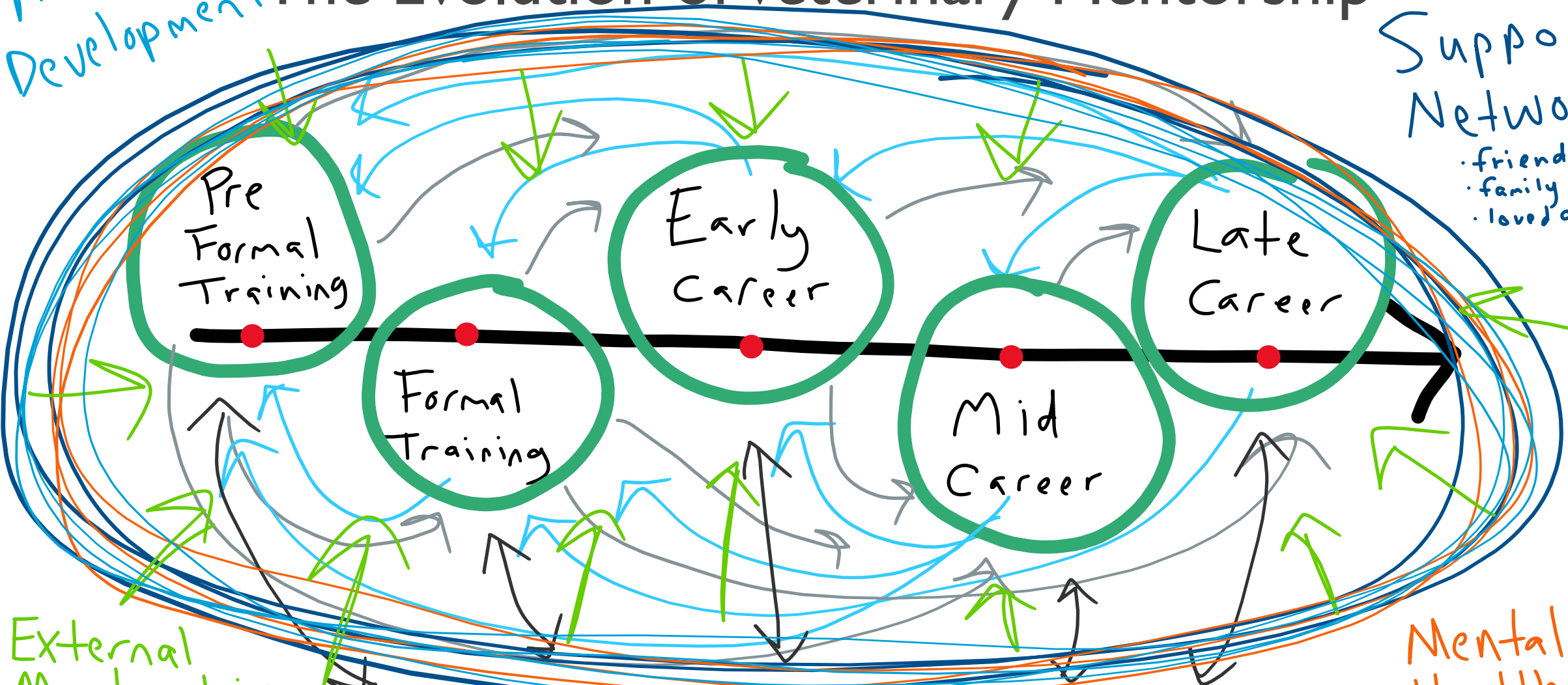
The Veterinary Team

Mental Health Professionals

Professional Development

The Evolution of Veterinary Mentorship

Support Network
· friends
· family
· loved ones

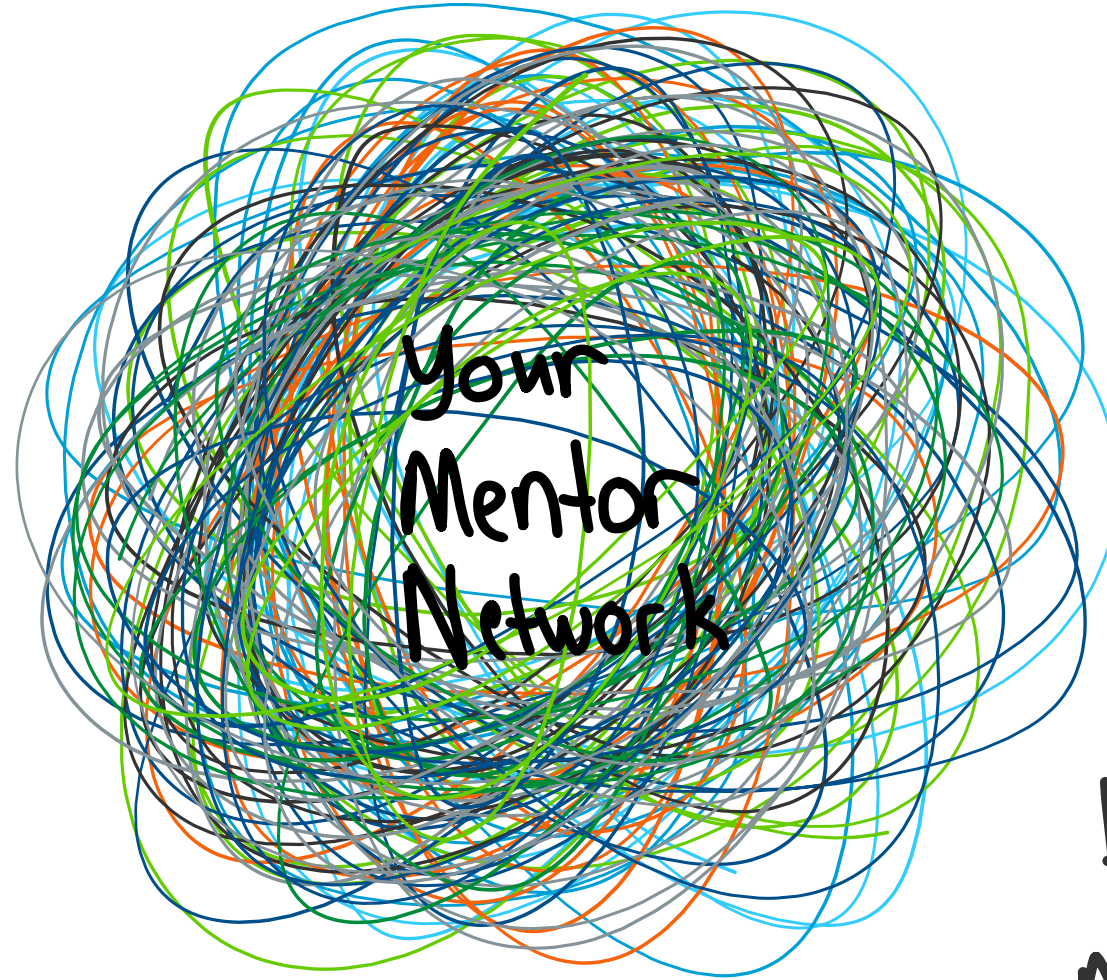


External Mentorship

Mental Health Professionals

The Veterinary Team

Veterinary Mentorship

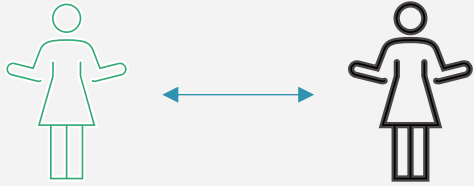


Holistic
Mentorship

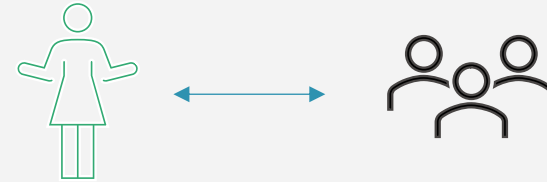
The network of mutually beneficial relationships in which time, energy, and knowledge are invested to support personal and professional development of a veterinary professional throughout their entire career.

Veterinary Mentorship

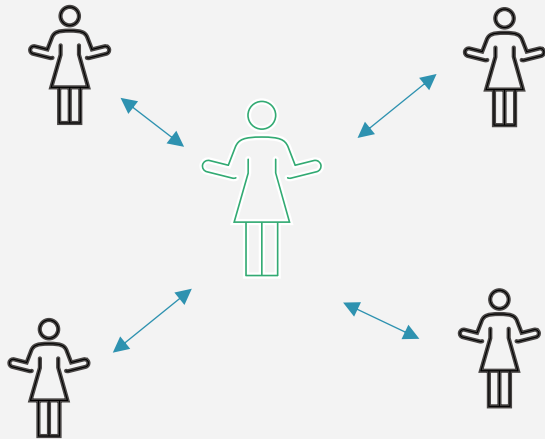
One-on-One Mentorship



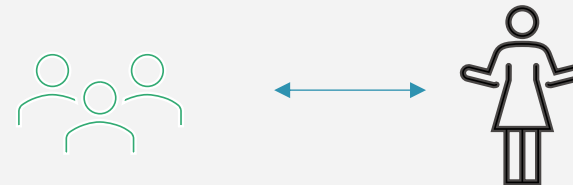
Team Mentorship



Multiple Mentorship



Group Mentorship



Local vs. Distance Mentorship

Experienced Colleague vs. Peer

Formal vs. Informal

Long-Term vs. Short-Term

Brief conversation that is focused on a specific question or goal aimed at getting direct guidance, advice, and/or resources relevant to the issue.

Flash Mentorship

Session Goals

Get peer support regarding issues you are facing in your career

Meet at least one other individual to establish an ongoing long-term mentoring relationship

Remember!

Anyone can be a mentor or a mentee at any stage of their career, and everyone has valuable knowledge to share.

Let's review a few
simple ground rules...

- Listen....don't fix!
- Ask open-ended questions
 - “What went well?” “What could you have improved upon?” “What is your ideal solution?” “Can you expand on that?”
- Ask to give advice before doing it
- Approach conversations with an open mind
- Watch biases

A photograph of two women sitting at a round table in a modern office setting, engaged in a conversation. The woman on the left is smiling and gesturing with her hands, while the woman on the right is seen from the back, looking towards the first woman. The image has a blue overlay.

Impromptu Networking

Invitation:
Why are you here?
What makes a good mentor?

Question #1: Challenges and Support

What is a specific challenge you are currently facing in your work? Listen actively to one another and provide words of support. Reflect on your experience, or the experiences of others, to discuss solutions or a positive path forward.

Question #2: Conflict Management

Are you currently experiencing conflict in the workplace? Describe a situation you are facing and potential ways to address this conflict in a collaborative and healthy way.

Question #3: Stress Management

How do you manage stress? In what ways do you take care of yourself? What are current barriers you face in practicing self-care and how can you overcome those barriers?

Question #4: Career Path

Have you considered changing roles, workplaces, and/or switching to an alternative career path within veterinary medicine? What are you considering and why? If you aren't considering a career change, how are you developing yourself in your current position?

Question #5: Leadership

Do you currently hold a leadership role formally or informally? What are some of the challenges that you face within that role?

Question #6: Creating Positive Change

How can you advocate for healthy change within your workplace or within the profession? How can you implement mentorship structures within your workplace or organizations?

Informal Networking

Anyone else you want to wrap up a conversation with?

Want to make plans to meet again with someone?

Chat with Chewy, AVTE, or MentorVet?

Questions?

Meet someone new?



Stay in Touch!

