



Flash Mentoring Session - AVTE



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Mission

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



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Tech**

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Leap**

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Legacy

Late
Career

Early Career

MentorVet
Student

 **MentorVet
Lead**

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2026

What is veterinary mentorship?

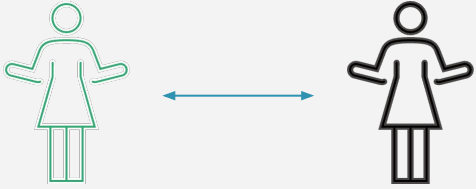


MentorVet

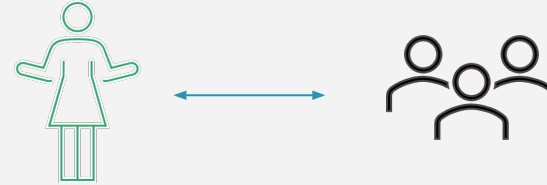
The network of mutually beneficial relationships in which time, energy, and knowledge are invested to support personal and professional development of a veterinary professional throughout their entire career.

Veterinary Mentorship

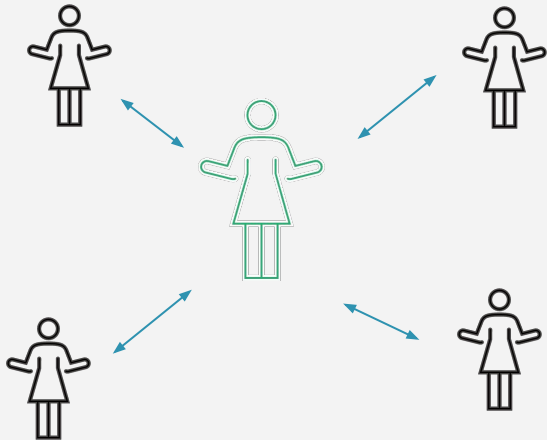
One-on-One Mentorship



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 Questions
 - “What went well?” “What could you have improved upon?” “What is your ideal solution?” “Can you expand on that?”
- Ask to give advice
- 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 tint and a vertical white line separating the title from the text.

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: 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 #3: 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!

