

What's on Dr. Barnhardt's mind?

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Imposter syndrome is a term that was introduced to me at a recent graduate conference that I attended for the American Association of Bovine Practitioners. It resonated with me and other highly-driven individuals sitting in the room. I felt as though it made a lot of sense. As I have progressed in my career, I have decided that it doesn't actually need to be given so much credit. Many times, what we mistake as a moment of discomfort or inadequacy, is the moment we will see the most growth and change in ourselves personally and professionally if we just move forward.

Mentorship is something our age cohort prefers to experience professionally and it is a relationship that deserves both parties to put effort and energy towards. If we are going to demand this, we need to support it from our side of the relationship also.

Listen to Barnhardt's presentation on the AABP Have You Herd? podcast at <https://www.buzzsprout.com/814177/12418485>.

