

Finding Your Tribe

Complete this information sheet before looking for online veterinary professional communities to help narrow down the kind of group that would be best. Then make your list.

I sometimes feel that people do not understand what it is like to be a veterinarian (practice owner / practice manager / veterinary nurse / veterinary assistant) *and* a mother (chronically ill person / breeder / gay person / other):

I feel most relaxed *or* energized when I: _____

I live in: _____

I am an alumnus of: _____

I belong to these professional organizations: _____

My favorite species to work with are: _____

I am interested in these topics or specialties within veterinary medicine: _____

Using the information above:

- Reach out to professionals you know who have similar characteristics, life experiences, or interests, and see if they know of any social media groups that will not show up when you search but may be a good match.
- Use Facebook, search engines, and other social media applications to search for these topics and look for communities. If you cannot find what you are looking for, consider starting your own group.
- Join a new group. Get to know its personality, culture, norms, and language, and see if it is a good fit.

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