

Small Group Mentoring Q&A

- **How will the groups be organized?**

Each group will have a maximum of 8 clinicians. Groups will be organized based on the experience, availability, and interests of the clinicians. As part of the application process, clinicians will receive a detailed survey to complete that will aid in placing clinicians in optimal groups. The survey will include questions about preferred meeting day and time, so groups will be placed based on these preferences as well.

- **How much experience should I have in order to participate?**

My hope is to build groups with experience in mind. If you are new to pelvic health and have just taken an entry level course, I hope to place you in a group with similar clinicians so we can focus our topics on solidifying the concepts you have learned and helping you get started in this incredible specialty. If you have more experience, but are wanting to improve your clinical reasoning, I hope to place you in a group with others in a similar situation so we can jump into more complex cases and topics. I do encourage clinicians to be currently treating patients with pelvic floor problems in order to gain the most from the mentoring sessions.

- **What topics will be covered during the series?**

The beauty of this program is that the topics will be chosen based on the interests of the group, so the topics will change during each series. Prior to the start of the series, all participants will receive a detailed survey to complete that will gauge level of interest in particular topics, diagnoses, etc. After reviewing the surveys, a specific schedule for that group will be created to cover the topics that are most interesting to the group.

- **How will mentoring sessions be organized?**

Based on a prior survey, the strongest interest was in both a combination of organized learning with time allowed for individual discussion as well as Q&A. Based on this, sessions will include 30-45 minutes of organized learning in varying formats such as (but not limited to) journal discussion, formal presentation of material via powerpoint presentations, expert interviews, and case studies. Following this, 15-30 minutes will be allowed for group discussion/Q&A. The last 45 minutes will be an open forum to allow for individual questions regarding patient cases and group discussion on the topics that arise. Participants will be given guidance to assist in getting the most out of the open forum time.

- **What if I don't have time to ask all of my questions during small group sessions or have a particularly difficult patient case I want to discuss in detail?**

The group facebook page will be a place where discussion between members will be encouraged—to build relationships that can continue when the series ends, to ask

questions and build clinical reasoning skills, and to further discuss the topics explored during each group session.

If you find you are needing more than that, series members will be offered a reduced individual mentoring rate during the period of time they are participating in the group sessions. Individual mentoring will be available at a rate of \$100/hour (or \$25/15 min) compared to the standard rate of \$150/hour. (33% off!)

- **I wanted individual and group mentoring, not just small group mentoring. How can I do that?**

As mentioned above, small group members will receive a discounted rate for individual mentoring while they are participating in the program. If you would like to build-in individual scheduled sessions within your series, you are welcome to do so at the additional cost of \$100/hour (or \$25/15 min), a discounted rate compared to the standard rate of \$150/hour. You can choose to set this up as needed, or on a schedule depending on your preferences.

- **Will I be able to correspond with Jessica via e-mail when I have any clinical questions while involved in the program?**

I would love to be able to e-mail without any restrictions will all of my mentees— however, this can become very time intensive! For this reason, e-mail correspondence will be limited to questions that can be easily read and answered within a few minutes. If questions are more complex and require more time, participants are encouraged to bring their questions to their group facebook page, or to schedule an individual mentoring phone call/video conference.

Do you have any additional questions that have not been answered? Please feel free to e-mail me directly at jessicarealept@gmail.com!