

# Advice & Supportive Tips for ECPs from ECPs

- ❖ Don't give up!
- ❖ Everyone feels like an imposter, you deserve to be here.
- ❖ You have more power than you think. Collaborate with your colleagues and don't work more than you have to. What is required and what your expectations might be can be different.
- ❖ You have expertise, own it
- ❖ Get outside and enjoy your surroundings.
- ❖ Protect against risk in your practice.
- ❖ Utilize risk management at your facility, practice, or malpractice carrier.
- ❖ Charge (\$\$\$) your worth and negotiate your salary!
- ❖ Don't put up w/abuse or nonsense.
- ❖ Know you are doing enough even when it doesn't feel like it.
- ❖ Resilience isn't always a compliment.
- ❖ Find some time for yourself.
- ❖ Talk about yourself –to everyone!
- ❖ Don't wait for leadership
- ❖ Don't get set in your plans; be open to change
- ❖ Stay aligned with your values
- ❖ When you set an intention, keep your options open for opportunities
- ❖ Better to be prepared than have a plan
- ❖ Do a variety of things, take opportunities as they come up, don't be closed off to options you didn't previously consider