



Jennifer background is nursing. She graduated from the BScN program at Laurentian University. She started nursing career at St. Joseph's Hospital in Hamilton, then transitioned to Norfolk General Hospital after her family moved to the area. She has worked with Norfolk General Hospital for over 13 years, where she progressed from a floor nurse to a Clinical Practice Leader, then into the Infection Prevention and Control Director role, which she has led for the past 4 years. Jennifer felt extremely supported by the IPAC Mentorship Program as a new leader in this profession. At the time she started her position, there was just herself as the department, providing support to two Acute Care facilities and two congregate settings. The mentorship program gave her access to someone she could reach out to for discussions and support, aiding in her professional and personal growth. Over the last year she has been able to facilitate an additional permanent IPAC practitioner position, enhancing the departments resources. She is now the Director of Quality, Clinical Practice and infection, Prevention and Control, where she can further implement and support progressive practice changes impacting organizational safety and risk.

1. How would you rate the mentorship program overall?

*I would rate the mentorship program as excellent. It was very easy to apply and find a mentor that could help support me in my new career path.*

2. How would you rate your mentor relationship?

*The relationship with my mentor was exactly what I needed. They were flexible and we worked together to create a relationship that would both benefit and support my role. They were willing to adapt their schedule and make the mentorship more of what I required and would work for my schedule.*

3. Did you enjoy being part of the mentorship program?

*Yes, I did. Not only did I have the support during my mentorship, but I also was able to Network and develop resources for future partnerships.*

4. Would you recommend the mentorship program to others?

*Absolutely. For anyone starting out and needing a hand or shoulder to tap on. I felt that the program was very flexible to meet my schedule and could be adapted for what was needed as a mentee.*

5. Was meeting with your mentor beneficial?

*We weren't able to meet in person due to our schedules, which worked out ok for me. We did have converse frequently on the phone and by email.*

6. Did having a mentor help you reach your goal?

*Yes, I felt that with the collaboration, engagement and empowerment provided to me, that I was able to reach my goals.*

7. What did you like best about the mentorship program?

*I really appreciated the flexibility of my mentor. It provided me with the opportunity to have a more relaxed approach and reach out when I needed something. We would have scheduled times to chat as well, but knowing I was able to reach out helped reduce some of my stress in the new role.*

8. Any other comments or word for future mentees:

*This program can benefit you, and your career. It can be as adjusted to meet your specific needs so that the mentorship really reflects where you are on your career path and provide the supports that you may be lacking from other areas. After having this positive experience, I would definitely recommend this to others, and would be happy to be able to provide someone with mentorship using this program!*