



*Perspective / Opinion*

## **She Said, She Said: A Reflection on Mentoring**

By Ariel Bodker, MD and Jacquelyn Kulinski, MD, FASPC

*In honor of Women's History month, we asked Drs. Bodker and Kulinski reflect on the their longitudinal mentoring relationship ...*

### **Dr. Bodker:**

Mentoring has been one of the most important aspects of my training. Dr. Kulinski embodies all the qualities one looks for in a mentor: strong communication and organization skills, innovation, and enthusiasm. However, the most meaningful part of our mentoring relationship has been the collaboration and the confidence she has instilled in me throughout the years. She involved me in every aspect of the research project and always made me feel like a valued member of the project. Women unfortunately remain a minority in the field of Cardiology, and the opportunity to have such a strong female mentor helped define my decision to pursue a career in Cardiology.

### **Dr. Kulinski:**

I have truly enjoyed mentoring Dr. Bodker since she was a resident. I don't always get to mentor trainees and work alongside them through both residency and fellowship, but I was lucky and grateful to have that privilege with Dr. Bodker. The most meaningful part of mentoring Dr. Bodker was witnessing first-hand her growth and her many successes – both professionally (awards and publications) and personally (the growth

of her family). I especially enjoyed seeing her passion and talent for preventive cardiology (which also happens to be my passion)! I believe that Dr. Bodker has learned more preventive cardiology than any other trainee I've mentored, and I am so proud of her for that alone. I hope that many more will follow in Dr. Bodker's footsteps!

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