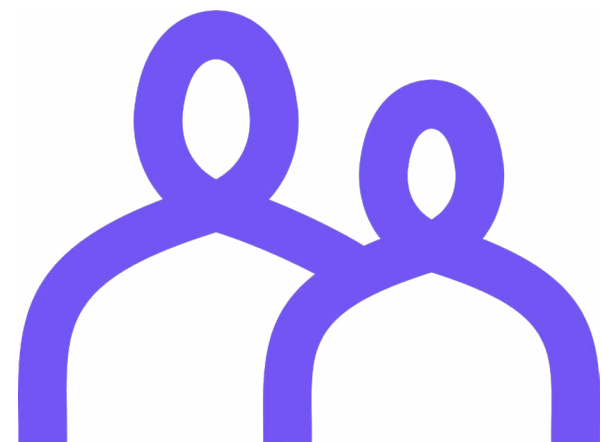


Mentorship in Bloom

2025 spring mentorship event



The Doctors Manitoba Mentorship Program was originally developed in collaboration with the Manitoba Medical Students Association (MMSA), the Professional Association of Interns and Residents of Manitoba (PARIM), and UGME Student Affairs to help drive connection, foster relationships, and benefit students, residents and practicing physicians alike.

If you are interested in learning more, email Mentorship and Member Engagement Coordinator Cynthia Okojie at cokojie@doctorsmanitoba.ca.

This spring, the largest year yet for the Doctors Manitoba Mentorship Program drew to a close with an exciting interactive game show night and networking reception at the Leaf in Assiniboine Park. The event offered mentees and mentors a chance to laugh and have fun, and engage with each other as the academic year came to an end.

“With the mentorship program, it’s nice to get to talk to doctors and residents to see what their lives are really like day to day,” Third Year Medical Student Orest Fylyma said. “It’s one thing to see it in the hospital, but it’s also nice to see them in an informal setting and get to know them there as well.”

More than 120 physicians, residents and medical students attended the event, taking part in a variety of games hosted by Endless Events Group. Mentees and Mentors went face to face in a series of games including Blinko, Beat the Clock, and Trivia.

“Whether you’re a practicing physician in Manitoba or learning to be one, everyone works so hard every day,” Doctors Manitoba Mentorship and Member Engagement Coordinator Cynthia Okojie said. “We love putting these events on for mentors and mentees because having fun together is so important and provides an opportunity for everyone to get to know each other outside of a work setting. And that, we hope, does make a difference for how learners and attendings interact in clinics and hospitals.”

Benefits of Mentoring and Receiving Mentorship

Not only is participation in a mentorship program fun, but an important, evidence-based practice in reducing burnout and bettering health for physicians and learners.

A study published in AEM Education and Training found that mentorship increased mentees’ sense of personal accomplishment and decreased feelings of depersonalization and emotional exhaustion. Mentorship has also been found to reduce burnout and increase compassionate self-improvement.

Physician health and wellness is a key driver in the development of the program and a foundational component of Doctors Manitoba’s Strategic Plan. Participation as a mentor or mentee contributes to a positive change in medical culture and aims to bridge the gap between medical learners and practicing physicians.

“Doctors Manitoba strives to create safe spaces for learners to connect with each other, as well as the attendings they work with and learn from,” Doctors Manitoba Director of Planning and Physician Health, Trina Larsen, said. “We



offer a variety of large and small group events and provide individual and group support to mentors and mentees to help facilitate engagement and participation in the program.”

In a speech at the event, Dr. Julius Anang reflected on how essential mentorship has been to him in his life, both personally and professionally for more than two decades.

“Having been a mentee myself and a mentor, both experiences have been helpful and instrumental in my evolution as a physician,” he said. “One of the reasons I joined this program was based on my own previous experience beginning as a medical student and during my time as a resident; even now as a physician. I remain connected to my own mentors and mentees all these years later.”

How to Participate in the Doctors Manitoba Mentorship Program

Development of the program included consultations with medical learners and mentors, and other mentorship programs across Canada. You can expect:

- Orientation and clear expectations for mentors and mentees
- A minimum of four mentorship events each year hosted by Doctors Manitoba
- Planned regular meetings with UGME and PGME Student Affairs to strengthen partnerships
- Complimentary and priority access to leadership training opportunities



**The Mentorship Program is always in need of
mentors! Sign up to mentor a medical learner today!**

[DRMB.ca/Mentorship](https://drmb.ca/Mentorship)

Learner and Physician Experiences

“It’s good to have a support network of different residents who are our mentors and have already experienced what we’re going through. Sometimes it’s tough to navigate med school because there are a lot of unwritten rules so it’s helpful to learn the best ways to handle things like applications and clerkship.”

Jaydon Gan, Med 3, University of Manitoba

“I think as much as I’m in the mentor category right now, I’m still a mentee in that I get mentorship from colleagues that have been in practice a lot longer than I have. It provides a great opportunity to think about my daily work and reflect on how I care for patients, and has been so helpful.”

Dr. Kiran Bhullar, Resident

“I have gotten more than I expected out of this program. It’s great to be connected with mentors to see how they have navigated certain things. I’ve learned so much.”

Dr. Diptee Kumari, MLPIMG

“Mentoring through Doctors Manitoba has been one of the most rewarding parts of my career thus far. It’s a chance to give back, build meaningful connections, and help shape the future of our profession - one conversation at a time.”

Dr. Raheel Panhwar, MLPIMG

