



Speech Uncensored Podcast

Episode 147: Finding Your One Thing in the Adult Medical Field

DISCLAIMER: This is a lightly edited transcript. As a free podcast with no ads, I do not have the resources to formally edit lengthy transcripts. Apologies for the rough state! Podcasts guests are invited to address punctuation and spelling/word mistakes, but make no edits to content. If portions of the audio were edited out of the published podcast (usually due to coughing or do-overs), then that portion is typically removed from the transcript.

00:00.00

Leigh Ann Porter

Welcome to the speech uncensored podcast. My name is Leigh Ann. I'm your host and we are doing a series on the 1 thing in speech pathology and it's been a great series so far! I've loved all the guests and all the topics that we've been talking about and enjoying on the podcast. This has been fun and this week I'm joined by Rinki. Welcome Rinki!

00:26.36

Rinki

Hi Leigh Ann, thanks for having me back.

00:37.26

Leigh Ann Porter

yes I'm so glad and I really like your topic a lot. I think it's so fun. Because everyone's been talking about what their 1 thing is but you're going to be talking about finding that one thing and it's like is this a roadmap. Rinki, are you giving us a roadmap on, like, finding things?

00:51.62

Rinki

I don't I mean there's like 250000 books in Amazon about finding your thing and finding your purpose. So I don't know if anybody has it all figured out yet I think it's an ongoing ah process and journey. But I'd love to share some things that have worked for me and hopefully. People listening can take away something from that and apply it to their lives. So I think it'll make for an interesting conversation for sure.

01:13.84

Leigh Ann Porter

Awesome! Great. Okay, so before we dive into that and really unpack it, go ahead and tell us a little bit more about you. Who are you? What do you do?

01:26.22

Rinki

Yeah that's that's kind of a loaded question in itself right? since we're talking about all our one things because we're not just 1 thing but anyway in in the SLP world I'm an adult medical slp and. Ah, before diving in I will want to welcome you back as well because I know people have really missed you and I think if your 1 thing is educating people. You've really made a difference with



Speech Uncensored Podcast

Episode 147: Finding Your One Thing in the Adult Medical Field

your conversation. So again, thanks for having me and welcome back? Um I'm an adult medical slp. My journey started in the city of Mumbai in India that's where I'm from I did my undergrad in speech pathology came to the United States ah funnily enough on this day actually thirteen years ago I left india and came to the us. Um, and my 1 thing at the time was like I have to I want to be an asher- certified medical slb that was my dream ah came here did my um masters from Uie Dallas and since then I've worked across different states and in different settings like acute care skill nursing in Patientti Rehab um followed my husband through his medical training and residency and since the past three years I've been working as the adult outpatient lead at the University Of Mississippi Medical Center so I'm definitely a clinician and patient advocate first. But then over the years I've had the opportunity to wear other hats like being an educator a researcher. An asha volunteer I'm on their scientific and professional education board and since five years I've also been an entrepreneur entrepreneur. So I've been running the swallowing training and Education Portal Stepcommunity Dot Com with Dr Yanessa Humbot or where we educate clinicians and students about swallowing and swallowing disorders. So. It's definitely. Been a long and fun journey figuring out my many one things over I still feel like I have miles to go.

03:16.34

Leigh Ann Porter

That's amazing! I love your journey. Thank you for that snapshot of it and happy 13 year anniversary! What a celebration!

03:21.74

Rinki

I know I always try to look back because I think it grounds you and kind of reminds you who you were back then right and where you came from.

03:32.64

Leigh Ann Porter

I'm also so jealous that, you know, when you came here, you had a very clear picture of what you wanted. But you also talked about how even with all of the different parts of our field that you've been involved in over the years that you still feel like you're growing and learning and like you haven't achieved it. Like, you're still working for it in a sense. Even though you are a medical SLP, like you did it, and you do it very well. That doesn't mean you're sitting back and resting.

04:07.51

Rinki

I think that's the whole if we had to like describe this episode in 1 nutshell that is the whole point that if you reach a 1 thing and feel like this is it I've accomplished everything. What are you going to do for the rest of your life like I think what I realized the minute I got my cs was like. Oh my god this is just the beginning. Well that was my 1 thing back then when I was 21 and now my next one thing is maybe working in acute care and then my next 1 thing would be I want to volunteer with ashan whatever that might be for different people. If we if we rest on our



Speech Uncensored Podcast

Episode 147: Finding Your One Thing in the Adult Medical Field

accomplishments and laurels. We're going to be so unfulfilled because then you have nothing to work towards and there's no growth because you're not learning anything new and you're not doing anything that scares you so I hope what people take away from this today is that you need to keep having those one things and eventually someday. We might feel like we made a difference and left behind a legacy.

05:02.24

Leigh Ann Porter

Yeah I agree. I also like the concept that you just shared. I think unknowingly a little bit. like I picked up on this, that you don't have to find 1 thing and that be it for you forever. Like, your 1 thing can keep changing. You know, you can be really passionate about active listening like we had a discussion on that earlier in the series. Um, and then over time you can find another topic, another area that captures your interest that you become passionate about. So I like that flexibility. I like that it's not like oh you found your 1 thing now that's your defining moment for the rest of your life.

05:45.31

Rinki

Um, I know right? that would be extremely boring and again I think you I'm sure you've heard the terms growth mindset and fixed mindset I think that would really exemplify a fixed mindset where we're just doing 1 thing over and over. Same way and never learning and never changing. But I think as we grow there's going to be new things that excite you there's going to be new issues that need solutions. There's going to be new things. You're passionate about and that's kind of I have this framework I I don't know if it makes sense I should probably like. Trade market if it becomes really famous after this episode but it's a framework that's helped me and I love acronyms so I call it the goat framework g o eighty so g stands for goal setting a stands for doing 1 thing at a time I mean o stands for doing 1 thing at a time. A stands for authenticity and then t stands for trusting your gut and your intuition. Um, and I think all of those kind of help you discover your purpose and your 1 thing over time and allow you to be successful. So I'd love to talk more about some of these if if you feel like that might be interesting to discuss.

06:50.53

Leigh Ann Porter

I Love an acronym. I Love a framework. I love like, a simple mnemonic device. This is speaking my language. So yes, I want to talk more about this.

07:03.85

Rinki

Okay, awesome. So yeah, this is totally made up please don't go looking and researching go framework I don't know if it exists somewhere but it's literally like made up in my brain. Um, so yeah I like to break things down and I think there is a lot of pressure especially in Madras where you want that coveted acute care job at least when I graduated That's what it was like or you need that certification to be successful or like oh my god you have to know everything about aphasia dysphasia voice cognition like everything about everything because you have to be this



Speech Uncensored Podcast

Episode 147: Finding Your One Thing in the Adult Medical Field

expert and do the best for your patients. There's there's just a lot of. Pressure and fear out there about everything you're supposed to be just after after graduation and I think it's completely unrealistic even with social media There's there's this whole thing about hustle culture and influencers and followers and subscribers and people feigning expertise. In 1 year after the Cf when they barely have any experience just because they can make ticktock videos like that's not the world. We should live in but we do and I think it constantly makes us feel underappreciated undervalued constantly makes us criticize how much we don't know. Um. And it's taken me a lot of years to move away from that and recognize like what is it that I want to do and I think the first step in that is setting goals right? So that's the g I think we're so good at setting goals for our patients. We've all learned the smart framework. Um, specific, realistic attainable I mean achievable. Um, time-bound goals measurable goals. But how much do we really sit down and do that for ourselves. So what's really helped me is not figuring out the 1 big thing your 1 big thing can be anything but what is it that I want to accomplish this week this month It could be 1 goal about just aphasia or dysphasia it could be a leadership goal. It could be I want to volunteer with the state association. Um I want to educate other clinicians. Whatever that might be instead of trying to multitask and hustle and have like. 10 things in your plate and just be average at everything. What's really helped me is trying to tease out something that sparks joy and speaks to me and is going to help me in my career path and just identifying those 3 to 5 big things I want to accomplish this year and then. Making sure I have that smart frame work to apply to it and then working relentlessly towards those and not allowing everything else that I see around me on social media. People tell me to be a distraction.

09:42.49

Leigh Ann Porter

Um, yeah I get distracted easily so I felt that.

09:47.72

Rinki

Ah, um, do you want to add anything like do you feel like do you feel like we do enough to set goals for ourselves. Professionally yeah.

09:54.91

Leigh Ann Porter

I can speak personally and I think professionally I set goals when I see a need like in my patient population, in my caseload. If I'm presented with something that exceeds my current knowledge base or experience base then I'm like okay how are we going to bridge this gap. But I don't think I do anything super formal. There might be an overall goal like "hey I got to get better at this. I got to bring something to the table that's going to be meaningful for this patient." Um, but I don't think that I do the work of breaking down that overall goal into smaller more manageable chunks like step 1. Do a literature review. See what's out there. Like I don't make it formal. I do those things like, I'm going to do a Google scholar search, I'm going to go through the codec in my brain about like what SLPs do I know that have talked about an interest in this area? Who can I reach out to in my network to ask for some insight and guidance if they have any because we're all such helpful people. We want to be there for each other and um, so like that's kind of how I



Speech Uncensored Podcast

Episode 147: Finding Your One Thing in the Adult Medical Field

approach those situations but it's not so formal. Like I don't really sit down and approach it like a goal.

11:29.92

Rinki

And we should, right? Considering we do that every single day for each of our patients I learned this a lot later do I I just thought I won't take names but like I need to get that certification because then I won't get a job as a Med SLP because that's what you're told. That's what you hear. Um, or yeah I need to you know, um, attend an asha conference because it's really good for networking says who right it and then you've blown up thousand dollars now and then you already are a new cf not feeling great about your student loans and you don't even know why you did it. It's just it. Does it even add up to what you're trying to accomplish that year is it. You know is it meeting any of your personal and professional goals. So I think that's an important start to just start thinking about um, checking things off accomplishing things and working towards finding your 1 thing. This may not be the 1 thing you do. But that kind of brings me to my next point in the framework is oh doing 1 thing at a time. So what I realized in setting goals. Um, that were more dysphasia specific or Med SLP specific and leadership specific for me but again could be anything. Um, across any setting in slp for someone else is we have to do these things 1 thing at a time and see our career as a series of one thingss or a series of steps. Um, and then I'm sure everybody's heard of dominoes like the domino effect and I what. I've read about a lot in the literature and realizes that we um once we do these one things relentlessly and like I said minimize distractions eventually success becomes sequential. It's not simultaneous. So it's exponential. You'll you'll see the domino effect and the progression of these. 1 thing's done really well one after another in the next five years when you and reach somewhere and be like wow that's the impact those one things have had and this is where I've reached but you're not going to realize it in the moment. And I think a lot of slps tend to be more type a where they need to know what every effort is leading to right? It's like I'm doing this. What is that mean? how am I going to reach y goal by doing x thing and sometimes we we can't possibly know because you just don't even know where doing that 1 thing will take you. Who you're going to meet what opportunities will come out of it. So I think we have to be very okay with uncertainty and not knowing um and like I said 1 thing will lead to another and I feel like that's that's how my life has been It's just something great has come out of just having faith and Taking those small steps one day at a time.

14:11.78

Leigh Ann Porter

Yeah I've been a big fan of taking 1 thing at a time and what that's looked like in my practice is you know every day I work I'm presented with pockets of knowledge that I'm unfamiliar with because the things that go wrong with the human body that result in communication, cognitive, swallowing, and voice problems are vast and we can't know everything! So I pick one area to kind of focus on at a time to feel like I have more to offer. And then I can turn my focus to another area. I can't rotate (personally) through all the different areas of our field. Um, like one day, I do some research on aphasia and then the next day it's voice and then the next day it's



Speech Uncensored Podcast

Episode 147: Finding Your One Thing in the Adult Medical Field

dysphagia. I can't rotate through all of that so fast. I have to kind of like, sink in and build up knowledge and and practice in an area at a time.

15:17.44

Rinki

And that's how it should be right? like Rome wasn't built in a day. We in all those proverbs you hear I don't know how we move from that to the whole hashtag hustle hard and do ten ten things at a time and the whole I think with you know we live in a world of instant gratification and uber eats and Amazon prime and. Scrolling relentlessly and I think I'm in the same boat where you you just there's information overload and you constantly feel like you need to be doing 10 things at a time and I think it's hard to step away from that mindset which is probably why you took a break too with the podcast because you probably just need to realign. Your mission and your values and refocus and figure out where you need to devote your energies if I'm assuming that's what happened with you, right?

16:01.39

Leigh Ann Porter

Yeah, nailed it. Good job, Rinki. That's exactly what happened.

16:06.37

Rinki

Ah, um, so I think that so that brings that's a good segue to my third point in the framework is authenticity is a and again I think um I just speaking from post and experience I came from India like I said very clear about what I wanted to do. And then felt completely lost because now I was a medical slp not knowing anything about what I wanted to do and having to figure out things um in different states or in different settings. Um, when I had to switch from acute get to a skill nursing I thought it was the biggest disappointment in my life which is horrible. But that was the culture on social media like your sniff job is going to suck like it's going to be this It's gonna be that there's productivity issues and ethical issues and I was so scared about a job I didn't even know anything about because of because I had fallen for that pure pressure of what that job means and I think it was the most. Life altering job I had because I really saw what happens to elderly people I saw how hard it is to work in a place where nobody else is supporting you where you're your only you're the only patient advocate wanting them to not be on feeding tubes allowing them to eat advocating for instrumentals. My job was. 10 times harder in a sniff than it is in acute care. But the growth I had in those 4 years and the the way it changed my passion for the profession for educating clinicians for advocating for my patients is something I'm going to take with me for the rest of my life. Um. And I think anybody who thinks a sniff job is easier than and make you kid don't know what they're talking about it is literally the hardest thing clinicians have to do especially coming out of Cf. So anyway the point being what I realized over the years is whatever job you take or whatever setting you end up in and. Um, the goals you make for yourself have to be authentic to you. You shouldn't go after a certification because somebody said that's going to make you more marketable or you know post pursue a course because you think that's what patients want if you're not seeing patients with Parkinson's invoice but lsvd is not going to mean anything to you and if you don't see thisphasia vital system is



Speech Uncensored Podcast

Episode 147: Finding Your One Thing in the Adult Medical Field

going to mean nothing to you so be authentic. Um, there's 2 tech talks that I love and I'll be sharing that with Youne one is by Simon Sinek it's called find your why start with why because that's how great leaders inspire action. And the other one is about finding your life purpose in 5 minutes I don't recall who it's from but it's ah it's a talk that stayed with me and they both just talk about we all know what we do I'm in a adult medical slp. How do you do it? I go to work blah blah blah I see patients. But what What's your why. If that job goes away that setting goes away. How are you transforming lives. What is the impact you have that's bigger than yourself. That's going to stay with you irrespective of all the other variables that are taken away. So I think it's really important that we take time off introspect reflect and find our why. And that will lead to a job that's really fulfilling and that we can kind of take with us for the rest of our lives.

19:16.38

Leigh Ann Porter

This is so wonderful, Rinki. I'm like this is what I need to hear at this point in my career because not only did I have to hit pause on the podcast and like rethink that, I'm also at a very big transition point in my own career and I'm grappling with lots of big questions and I've had to reevaluate. How do I define myself as a person if I no longer practice as an SLP? Does that make me less of a person? How do I define myself? What are my values? What does it mean to contribute to the world around me? How can I do that in the medical SLP field while avoiding other areas that don't align with my values, that I don't want to be associated with? So I'm looking forward to watching those TED talks. Like, thanks for doing the work for me, Rinki! Now I will benefit from your experience.

20:04.70

Rinki

Ah, no, you name will I think we tend to define ourselves and our identity so much by what we do, especially again I will say this is an America because it's it's a more work focus culture. It's a more individualistic culture. Um I don't mean that in a negative way I don't want to that's just the culture so you. Tend to define your identity as yeah, what you do? How are you making a difference in people's lives but it tends to be more job focused and setting focused and um so like my personal why like I said was always I want to be an adult medical slb. But the why is I want to make a positive difference in people's lives. I want to know that like you said the work aligns with my values and ethics. It's allowing me to constantly grow and to contribute to the profession or to people globally like I want to know I'm helping people in India because that's my home as much as I'm helping people know. But somebody else if your goal is a certain lifestyle of finances or money that's great. You've identified that go after whatever job you need that gets you that money and if for someone else the job is I don't care about money I just want fame be an influence on social media. It's so Whatever your why is. But I think if we don't identify that it's really easy to get wavered and not have clarity and all these other things we talked about and then you'll just be doing the wrong 1 thing over and no and feeling dissatisfied.

21:29.85

Leigh Ann Porter



Speech Uncensored Podcast

Episode 147: Finding Your One Thing in the Adult Medical Field

That's exactly it. That's so true. And I feel like I had a nebulous "why" and I thought I had kind of clearly defined it. But that didn't stop me from still getting off-track and having to re-figure that out. I feel like I'm working backwards. I've got to go back to the beginning because I skipped over a couple key parts.

21:53.30

Rinki

I Think that's I mean there are no parts though right? like who defines those parts who says this step has to come before that step like I Really don't even think there needs to be a roadmap Honestly, we all have our own Journey. We're all unique people just like our patients nobody with Aphasia is recovering the same Way. You can have all the evidence and Frameworks in front of you I'm not saying you shouldn't know what those things are that you're doing and your therapy has to be have structure but every person's going to respond so differently to what you present them with and we know all those variables like motivation your personality support at home. So many things that can change the trajectory of Recovery. So I think we should have the same like um, we should have the same kindness and compassion towards ourselves and just be like it's okay, we missed a few steps. We figure it out and that. Kind of brings me to my last point in the framework is trusting your intuition and trusting your gut. Um, and again from personal experience I came from an eastern culture that talks a lot about like spiritual stuff and meditation and yoga and you know India cultivates all of that and then I came to the us where I thought. All this is I don't know if nobody talks about spoke about this stuff when I was here and I thought it's weird to talk about intuition and gut and all of this is crop I don't need to be thinking about and I started being very like over analytical in my approach towards life and everything and I realized that. Something just felt off every time and I think now now there's all the science and studies talking about your gut being your second brain and having like over 100000000 neurons lining your digestive track and there's surveys that leaders of in every field use intuition and got more to make. Decisions than experience or like expertise um, so something feels off I think know that you need to trust your gut. You need to trust your intuition if you're going to end up in a setting or with people that feels negative and feels toxic. It's going to drain you and change you in ways that. You you might reach a point where it's very very hard to recover from that because it's changed you permanently? Um, so I think you know it's hard if but if you can't accept the situation or you can't change the situation I think you need to do whatever you can to get away from it. Find another setting that works where you find another patient population even if your peers think it's the most ridiculous life Decision. You will know in your gut. What feels right to you and I think we all have to instead of just complaining about issues in our profession um need to be creative find solutions take those risks and just. Trust our gut and that's the only way things are going to change.

24:43.55

Leigh Ann Porter

Yeah I really like that, and I'm so glad you can draw from you know, altering perspectives and different experiences. And I like that you mentioned, you know, here in the US we don't... It's like you described it, more analytical. Like, we bring less of the other sphere of spirituality to the everyday. Um, and if we do talk about it, if we talk about something like balancing your mental



Speech Uncensored Podcast

Episode 147: Finding Your One Thing in the Adult Medical Field

health, we still want to make it like medical and want to take the “woo woo” out of it. And then we call it something like “woo woo.” We immediately demean it and try to make it something less than. Like, it's not on the same par as something found in a published journal or that's been studied Rigorously, you know.

25:36.82

Rinki

Yeah, it's changing I mean I I do think you know there's so much talk about mindfulness now there's so much talk about meditation work life balance I think even in the past five years like the whole conversation through covid through all these life experiences has changed but again coming from a culture. It's very much part of like everyday conversation and it's something that's cultivated and even respected. Um I don't think we have a little ways to go like I don't think any of us think about incorporating stuff like that in therapy or. You know talking about that stuff with our patients but it's such an important part of the human experience. So I think I'm still learning how to bring that into my professional life and um, 2 other things that beyond this framework that just can be applied generally to finding your 1 thing. Is grit so that's another thing I do want to make sure we touch upon and I have a ted talk about that that I love it's called grit the power of passion and perseverance It's also a book by Dr Angela Duckworth where she talks about the fact that there's study after study has shown that the people who really achieve success. Ah, not the ones with the most exceptional talent or skills. It's the people who persevere and have grit and that's not some talent you can cultivate by repeated practice but grit is just something you can cultivate it. But it's also something you need to have within um. And just the more you pursue something the more you're willing to think outside the box step out of your comfort zone conquer your fears and just be willing to create your own path. Not just follow what like 1 ah hundred slps have done before us. I think you'll see the results of doing that over and over you will all really feel fulfilled with what we're bringing to the table whether I just want to go to work and see 1 patient at a time and that's my 1 thing because I want to be the best clinician I can be or you end up being asher president or you end up. Just even leaving slp and changing the field in a different way as an educator a researcher whatever it is I think if we just have great like I said trust our intuition stay authentic to ourselves. Um and really try to achieve our 1 thing over and over and over. I think we really see how we can change the experience of this profession not just for ourselves and our patients. But even for clinicians all around us at at a much larger level.

28:15.98

Leigh Ann Porter

Um, yeah because I also want to caution people not to think of grit as that perseverance of sticking with something that is slowly draining your life force. Because we might think “well I'm a speech and language pathologist; I have sunk a lot of time, resources, and money into this career. So I need to get the return on investment.” But going back to what you said earlier about like “what is your why?” If your “why” is really helping people or having a meaningful impact in other people's lives, being a speech and language pathologist is just one of many different ways to achieve that goal. So maybe your grit and your perseverance is sticking with that. Why and



Speech Uncensored Podcast

Episode 147: Finding Your One Thing in the Adult Medical Field

not the why your why of just identifying as a speech and language pathologist. That's my take home lesson for today.

29:10.61

Rinki

Yeah I Um when I wrote my statement of pop did you have to write a statement of purpose or was that just a thing for international students I don't know when you were applying to grad school Did you have to write something called a statement of purpose I know.

29:24.21

Leigh Ann Porter

Um I have absolutely no idea. I'm sure I had to write some kind of letter about why I wanted to go to the program.

29:27.56

Rinki

Yeah, that's what it's called yeah because we couldn't interview in person right? You're in another country and there was no zoom or anything back then but it was basically a big essay and bunch of questions you have to write besides a giri and all of that so I was looking at my statement of purpose the other day because I was um, helping another student trying to come here and. The last line in the statement of purpose was a quote by Ralph world of Emerson and it said do not go where the path may lead go instead where there's no path and leave a trail and this was written fifteen years ago so obviously it resonated with me back then but I think even today just. Thinking about my own journey and you know people around me who are now doing so many different things that's just not your traditional slp route. Um, even you with this podcast. It's something different. It's unique and you're making an impact in a different way. We just all have to be willing to. Find our 1 thing over and over like we said um, have the grid to navigate that journey but also not be afraid to do something that's never been done before and then you will be blazing a trail that many after you will follow and changing the world for the better. So. I really hope that's what people take away from this conversation today is being okay with not having your 1 thing just yet but constantly working towards growing and finding it and finding fulfillment in what you do.

30:41.98

Leigh Ann Porter

Yes, and being able to pivot when you recognize maybe you're at a dead end. That's okay, dead ends are fine. They're part of navigating this life. You get to take an opportunity and reevaluate and think of another way to get there.

31:11.18

Rinki

So what's your 1 thing? What's your 1 thing today if you had to say what's your 1 thing today. What would it be?



Speech Uncensored Podcast

Episode 147: Finding Your One Thing in the Adult Medical Field

31:18.80

Leigh Ann Porter

Um I think it is... Yeah I think it's..... I don't know! Like, I'm so nebulous that I'm gonna spit ball. I think it's something to do with being a resource. Like, involved in education and having a meaningful impact on other people's lives. I feel driven to be supportive and it's almost like being a cheerleader of other people's journeys. I have a really good SLP friend who's like "I'm thinking of exiting the field" and I'm not going to tell her "no, don't do that. You're so valuable. This is such a great field." She had another opportunity and she described how it fit her values, how it fit how she wanted to live her life, and "I'm like that sounds amazing. That sounds great like I completely support you! Keep me updated, I want to know all the things!" So I feel like my 1 thing is... I don't know, enthusiasm.

32:24.25

Rinki

Empowering others. No your what you said to describe is described as empowering others like I think you you want to support others and be a resource and that's amazing and you know like you like we said, however, you do it. Whether you're an slp or not have a podcast or not I'm sure you'll find your way to do that because that's your 1 thing. Ah.

32:47.10

Leigh Ann Porter

I'm gonna take that from you Rinki. I really like that. I like you summarized everything really nicely into just "empowering others." I feel like that's my strength. I really enjoy doing that.

33:00.62

Rinki

That's kind of all I had really I mean I you know I wanted to talk about that framework I wanted to talk about I like love that we had a vulnerable honest, um, open conversation because like. Even Jordan said in her talk like people are people don't discuss failures often and they don't discuss um not knowing things often and I think again coming back to social media always sees people achieving things all the time and I get that question all the time. Oh my god how are you doing so much. It's a lot of sleepless nights. It's a lot of failures. It's a lot of taking risks I'm not going to go on social media and cry about how hard it was for me as an immigrant and all the stuff I faced for 13 years because but I mean I could but I made a choice to come here. So then once you've made that choice. You can't complain that the system isn't working for you. It wasn't designed for you. And you have to find a way to fit into the system and then when there are things that aren't right? You should speak up against it. That's that's happening now. Um with Asha I think being an ashe support and volunteer for many years I've seen everything they've done right? But in the past couple of years i've. Very disheartened with a lot of things are getting wrong and I think if enough of us don't speak up and demand accountability from leadership. Our association is not going to change so we do need to speak up for a lot of things. But also you know, just note that everything you see people displaying is just a snapshot of. Happiest most successful moments and everybody's journey has ups and Downs. So I'm glad we are talking about that stuff and hopefully anybody listening will feel proud of their strengths and



Speech Uncensored Podcast

Episode 147: Finding Your One Thing in the Adult Medical Field

know that it's okay to have weaknesses and I hope people will be better because of conversations like this. So. Thank you so much for having me. I really really enjoyed talking to you today.

34:53.66

Leigh Ann Porter

Yeah, this was an excellent talk. I really appreciate the clarity that you brought to it and the life coaching that you did for me today. Rinki, thank you!

35:02.41

Rinki

Ah, ah thank you for having me Jordan called it a 3-peat because this is my third time on but hopefully there'll be many more to come.

35:11.64

Leigh Ann Porter

Yes, that would be lovely. I'd be ecstatic. As we wrap up though, what's your current 1 thing? Because I feel like it's morphed over the years. Do you have a something more specific as your 1 thing, like right now in this time frame?

35:29.79

Rinki

Yeah I have many smaller one things like I said earlier like there are some certain goals I want to accomplish as a medical slp but like the big picture. 1 thing I think I said it earlier but it's for me I want to know that the work I'm doing is is um. Helping people and empowering people not just my patients but helping to create positive change empower clinicians globally advocate for clinicians and students. Um at the national level. So I want to know that it's every effort I make um, whatever next steps I take. Towards my professional development is has a bigger impact because I want to know that I'm I'm able to change the profession for the better in some way so I don't if I have it all figured out yet. But that's kind of what feels authentic to me right now in this moment.

36:21.35

Leigh Ann Porter

That's beautiful, Rinki. But I've got bad news for you. That's not 1 thing. That's like 26 but I love them all so continue on.

36:23.41

Rinki

I know right? I thank you I'm sure you know life will present um, like us said trust your gut like my if a smaller 1 thing is I want my b c s s certification. But again you know I feel like trying to accomplish that allows you to put yourself out then do leadership stuff and do volunteer stuff. And educate others that becomes part of that 1 thing. So I guess my 1 thing is there really is no 1 thing and we're all kind of just figuring it out one day at a time.



Speech Uncensored Podcast

Episode 147: Finding Your One Thing in the Adult Medical Field

37:00.31

Leigh Ann Porter

Oh Rinki you were doing so good. You gave us a framework. It was structured and now you just blew it out of the water. You're like "guess what guys? There is no one thing! We're always just figuring it out!" Like, that sounds right. I Love it. Um, Rinki this was as always a delight. I've really enjoyed it. Thank you so much for the time, the effort, and thought that you've put into this talk. If people want to continue this conversation with you or pick your brain about your experiences and other things that you mentioned in today's talk, how can they reach out to you?

37:35.29

Rinki

And yeah, you can email me. It's rinki slp at Gmail.com you can find me on Instagram at Rinkyslp I'm pretty responsive to anybody who wants to chat anybody who can help me grow ask questions. Yeah, just. Reach out anytime.

37:52.69

Leigh Ann Porter

Excellent and thank you for all the work that you do for our field. I'm very grateful for it.

38:01.40

Rinki

Thank you I appreciate it. Thanks for having me and hopefully I'll talk to you again soon and I'll be following you I'm like 1 of your number 1 um fan goals honestly I think you're doing an amazing job and I'll be listening to all the episodes I'm excited.

38:15.60

Leigh Ann Porter

Well, thanks and to all of our wonderful listeners out there. I hope you've been able to enjoy all the directions that this talk has gone into and that you're able to do some reflection and take that in so that it can nourish your practice... Nourish.... Nourish your brain so that your practice can flourish or just nourish and flourish in general. Go out and be awesome because that's what you are.