



The Missing Link for SLPs Podcast

What I Didn't Learn in Grad School Series

freshslp.com

Episode 94: Jenni Provda on Bringing Your A Game, and Being Okay With Not Being Perfect All The Time

In this episode medical SLP Jenni Provda speaks about the importance of being human! Yes, that's right, how to be okay with mistakes! She reflects on the emotional challenges of working in an ever-changing field. She talks about getting buy-in from other professionals. Jenni also reminds us that as 'works in progress', becoming knowledgeable in your field as an SLP takes time.

Discussion & Reflection Questions

1. How do you handle it when something doesn't go the way you had hoped or planned? Can you recognize and accept when something might not pan out?
2. How do you look after your emotional wellbeing? Do you take time for self care on a regular basis?
3. Can you adapt your written and verbal communication skills and language for different people you may interact with professionally, for example parents versus physicians?
4. Are you aware and comfortable with not only your own learning style, but also able to adapt to the learning styles of others you work with?
5. Think about how you can cultivate relationships with a system or network of professionals who may understand the challenges of being an SLP. This may include other SLPs you know, and experienced professionals in other fields.

About Jenni Provda, CCC-SLP



Jenni Provda, Acute Care Speech Language Pathologist, has worked as a medical SLP since graduating from the College of New Jersey with an MA in Speech-Language Pathology in 2008. She also has a Master's Degree in Organizational Psychology.

Based out of a hospital setting in New Jersey, her role has a neurological focus although she sees many different disorders. She also teaches in a graduate program in Philadelphia. She serves on the Board of Trustees of the Jewish Federation of Southern New Jersey and on the board of a local school. Married with two sons, Jenni is a dog owner and volunteers at a local animal rescue.

Get in Touch With Jenni Provda:
Phone: 917-951-1720 Email: jenprovda@gmail.com

Quote from the Conversation

"What we do sometimes takes time, and we won't see results right away and we have to keep going at it. And putting the time in education and developing these relationships serves to build respect. I'm in a very different place with some of the physicians I work with than I was years ago because they see value in what I do now."

- Jenni Provda

Mattie Murrey Tegels, MA, CCC-SLP, L, CPC, CLSC

Medical Speech-Language Pathologist and
Founder of Fresh SLP & Badass SLP



Mattie Murrey-Tegels is the founder and SLP behind Fresh SLP, Badass SLP, and The Missing Link for SLPs Podcast. She's been "in-the-trenches" as a medical SLP around the world for over 25 years and now an Assistant Professor for 3 years. She is thrilled to be adding this dream of a podcast

because paying her experiences forward is something she is very passionate about. If you ask her patients and students, one thing they will remember is how much she loves her job!

She may not look like it but she is a huge introvert and when she is not actively working as an SLP, she is almost always reading, writing (writing over 1,000,000 words a year), or listening to amazing Chicago Blues bands. She also loves being outdoors and definitely enjoys soaking up the sun at her home in Minnesota, where warm and sunny days can be limited. She's ridden motorcycles for many years, raced sled dogs, hiked huge mountains yet she cherishes the quiet moments of climbing into a hammock to nap or timeless conversations with friends and family.

The Missing Link for SLPs podcast and Fresh SLP is her legacy, giving back to a career that has so richly rewarded her.

Quote from the Conversation

"When you're working with colleagues, don't think that everybody processes the same way you do, asks questions the same way you do, thinks the same way you do. Follow your style of learning, and asking questions."

- Mattie Murrey-Tegels

Keep the Conversation Going

Thank you for listening to *The Missing Link for SLPs* podcast! **If you enjoyed the show, I'd love you to subscribe, rate it and leave a short review.** Also, please share an episode with a friend. Together we can raise awareness and help more SLPs find and connect those missing links to help them feel confident in their patient care every step of the way.

Follow me on [Instagram](#), join the Fresh SLP community on [Facebook](#) or learn more at [FreshSLP.com](#) or [badassslp.com](#).

Let's make those connections. You got this!

*Do you have a question you'd like answered on the show?
Interested in sharing your experience as an SLP
with our audience?
Send a message to Mattie@FreshSLP.com!*

Not a substitute for a formal SLP education or medical advice for patients/caregivers

The Missing Link for SLPs Podcast Show Notes