



From surviving to thriving

The power of mentorship
and community

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Surviving ≠ thriving



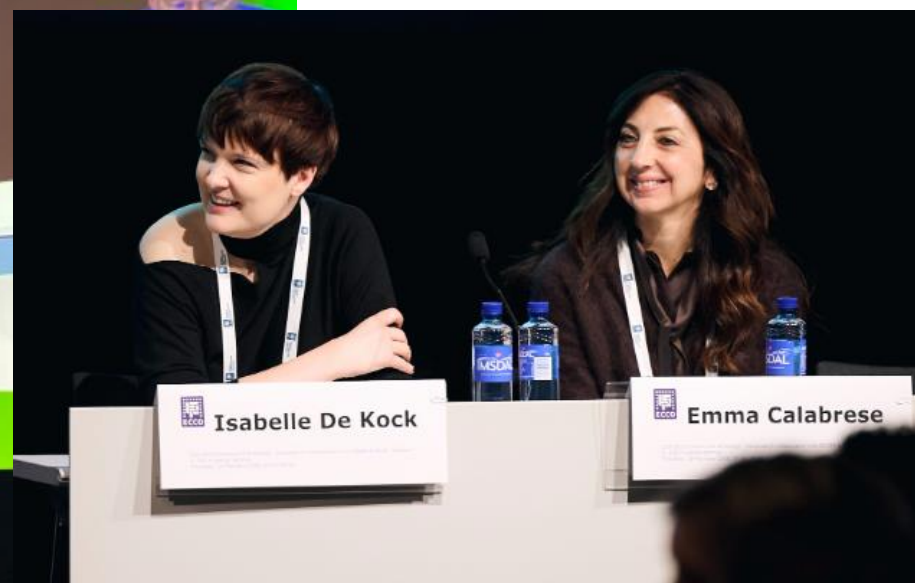
Early career reality



The turning point



**Growth and
mindset shift**



Leadership and responsibility





The role of mentorship and community



ESGAR ExCom

ESGAR small bowel workshop



Research team





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Delivering integrated IBD care through teamwork - beyond the gut

