



It's a Small World After All

**The Importance of Building
Connections and Utilizing
Professional Organizations**

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A watercolor illustration of the Earth, showing blue oceans, green continents, and white clouds. The style is soft and painterly, with visible brushstrokes and a slightly textured appearance. The Earth is positioned on the left side of the image, partially obscured by the text on the right.


Panel Members

**Becca Lahrman – The Ohio State
University/Shriver's Pharmacy**
Zak Fettman – Davies Pharmacy
Garrett Lambert – The Christ Hospital
Stephanie Lambert – Humana
**Regann Rutschilling – Family Health
Services of Darke County**



Session Questions

- Why are professional organizations and networking important?
- How can I network?
- How can I get involved?

A watercolor illustration of a wind farm. In the foreground, a large wind turbine is depicted with blue and purple hues. The background shows a series of smaller wind turbines receding into the distance, set against a vibrant, colorful sky with shades of orange, yellow, and blue, suggesting a sunrise or sunset. The overall style is artistic and painterly.

*“ Coming together is a
beginning, staying together
is progress, and working
together is success.*

–Henry Ford

A watercolor illustration on the left side of the slide. It depicts two hands, rendered in warm, earthy tones of brown and orange, cupping a mound of dark, rich soil. From the center of the soil, a small green seedling with three leaves and a thin stem grows upwards. The background around the hands and soil is composed of soft, blended watercolor washes in shades of light green, teal, and pale blue, creating a sense of growth and vitality.

Benefits of a Growing Network

- » Sharing of Ideas
- » Mentorship
- » Hiring Connections
- » Professional Support
- Community
- » Advocacy



*The World of
Pharmacy is
SMALL*



<0.001%

Percentage of Ohioans that are Pharmacists

We all run in the SAME circles



How Do I Get Involved?

Networking

- Go to optional meetings or trainings
- Learn what role others play in your organization
- Remember or write down new contacts for later reference
- Volunteer for optional roles and projects as your time allows



Where Should I Network?

EVERYWHERE

- Work is a natural extension
- Online
 - LinkedIn, Professional Discussion Boards, etc.
- Professional organizations offer opportunities outside of those you may be distantly connected to



How Do I Get Involved?

Professional Organizations

- JOIN OPA!
- Attend or volunteer for an event
 - We are ALWAYS looking for interested members
 - Legislative day, conferences
- Volunteer for a committee
 - NPX is a great fit for new pharmacists!

A watercolor illustration of solar panels. The panels are depicted with a grid pattern and are colored in various shades of blue and white, giving them a textured, artistic appearance. They are arranged in a row, with some panels slightly overlapping others. The background is a mix of white and light blue, with some darker blue and greyish-blue washes that suggest a sky or a natural environment. The overall style is soft and painterly.

Thanks!

Time for Panel Discussion!



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