

**Unlocking Your Inner Superpowers to Build a Thriving
Eyecare Practice**
Meenal Agarwal, OD



IG: @dr.meenalagarwal
E-mail: meenal.ag@gmail.com
Podcast: *Uncover Your Eyes*




Disclosure Statement



Dr. Meenal Agarwal has no financial interests to disclose.




Popular Superpowers Desired



Flying (56%)
Mind-reading (47%)

Invisibility (42%)



What Do Our Superpowers Really Tell Us?



Flying

Flying symbolizes the desire for liberation from physical and emotional constraints, representing freedom and control over one's environment.

Psychological need: Autonomy, liberation from limitation, and a wish to rise above circumstances.



Mind-Reading

Mind-reading reflects the yearning for deeper understanding and meaningful connection, emphasizing trust, empathy, and intuitive communication.

Psychological need: Belonging, clarity in communication, emotional security.



Invisibility

Invisibility indicates the need for autonomy and privacy, highlighting the importance of safe spaces and personal boundaries for emotional well-being.

Psychological need: Safety, introspection, autonomy in crowded or demanding environments.

What do the Common Superpowers Represent

Innate Intelligence

Core Values in Action

Your Unique Advantage

Human Needs and Desires

Flying = Freedom

Invisibility = Safety & Autonomy

Mind-Reading = Connection & Understanding

What is a Superpower?

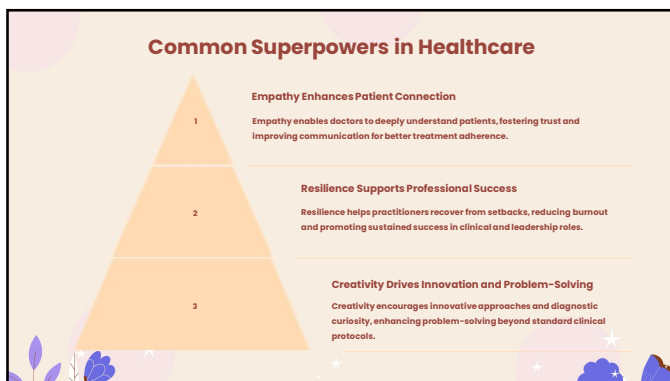
A **superpower** is a *core inner strength*—a natural ability or quality that gives you an edge in how you think, feel, lead, connect, or solve problems.

A **superpower** is a *personal trait or mindset* that consistently helps you make a meaningful impact—especially under pressure.

What do the Common Superpowers Represent

These aren't random fantasies
Represent deep psychological motivations
They reflect universal human needs
Human aspirations





Other Superpowers In Clinical Practice



Adaptability

The ability to shift with changing circumstances.



Clinical Intuition

The ability to connect dots that others miss.



Integrity

Doing what's right, even when no one's watching.

Curiosity, Collaboration, Communication, Problem-Solving

The Power of Knowing Your Superpowers

1

Enhances Leadership Effectiveness

Builds confidence, making leaders 33% more effective and reducing conflicts.

2

Fosters Healthy Work Environments

Leaders who understand emotions create engaging workplaces, improving team dynamics, trust, and communication clarity.

3

Better Job Satisfaction

Higher EI in clinicians is linked to better job satisfaction, lower burnout, and higher quality of care. Lower EI impairs decision-making, leading to more medical errors and poorer patient safety.

Strategies to Develop EI.

Techniques include respectful listening, encouraging open dialogue, managing emotional triggers, and aligning team goals for shared purpose.

1. Self-Awareness:

"you can't manage what you don't know exists"

- Check in with yourself before entering the room
- Name the emotion
- Notice physical cues
- Ask for feedback

2. Self-Regulation

"Stay calm under pressure without shutting down"

- Pause before responding
- Breathwork
- Create space between stimulus and response
- Use stress language reframes



Strategies to Develop EI.

3. Motivation:
"Why do you show up, even on hard days?"

- Reconnect to purpose
- Set micro-goals
- Celebrate small wins
- Avoid toxic productivity

4. Empathy:
"Understand others—even when you don't agree with them"

- Use reflective listening
- Practice presence
- Silence is golden
- Perspective switch

5. Social Skills (Relationship Management):
"Build connection, influence, and collaboration"

- Name emotions in teams
- Acknowledge contributions
- Use "I" statements in conflict
- Schedule short check-ins



Superpowers Define Your Leadership Style



Empathetic Leader

You reduce staff turnover by making people feel seen.

"Empathy"



Visionary Leader

You innovate and bring in new technologies.

"Creativity"



System-thinker

You optimize clinic flow and patient experience.

"Strategic Thinking"

Leadership is not a title—it's your ability to influence through your strengths.



Mental Wellbeing

1

Burnout

- Emotional exhaustion after patient care
- Feeling like you're on autopilot during exams
- Compassion fatigue: caring so much you're drained
- Dreading Mondays or the end of vacation
- Wondering, is this all there is?

2

Career Confusion


- Feeling stuck in a role that doesn't match your personality ie. sales
- Wondering if private practice, corporate or academia is right
- Looking at colleagues who've niched into VT, MC, dry eye, aesthetics or neuro, and feeling unsure or behind
- Having a skillset that isn't being used to its full potential



3

Regret

Sounds like

- I should have specialized earlier
- I wish I had opened my own clinic before having kids
- Why did I pick this career at all?
- I trained so hard, but I feel invisible in healthcare
- I'm not the kind of doctor I dreamed I'd be









 **Burnout** →  **Bravery**



Burnout = You're depleted, overwhelmed, and running on empty.

The shift: Bravery isn't just courage, it's the decision to pause, question the system, and protect your energy.

How to shift:

-  Set non-negotiable boundaries (e.g., 15-min no-interruptions break daily)
-  Acknowledge misalignment: "This pace, this practice style, this pressure—doesn't match who I am"
-  Journal what energizes you vs. drains you in your daily work
-  Seek brave conversations—with your team, a mentor, or even yourself
-  Tap into your *adaptability + self-advocacy* superpowers









 **Confusion** →  **Clarity**



Confusion = You don't know what your next step is or who you are in your current role.

The shift: Clarity comes from slowing down long enough to listen to what already feels true.

How to shift:

-  Do a personal "Superpower Scan": What strengths have people always noticed in you?
-  Notice what lights you up when talking about patient care—what conditions, what conversations, what outcomes?
-  Categorize your tasks into "aligned" and "misaligned"—and slowly reduce the latter
-  Stillness breeds clarity—schedule white space in your calendar
-  Tap into your *self-awareness + curiosity* superpowers









 **Regret** →  **Reconnection**

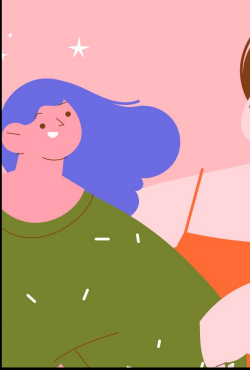
Regret = You feel like you missed your moment or made a wrong choice.

The shift: Reconnection is realizing your story still matters and can be redirected.

How to shift:

-  Reconnect with your "why"—why did you choose optometry or medicine in the first place?
-  Identify what you've *actually* learned from the experience you regret
-  Take one small step toward a dream you paused (e.g., CE in a passion area, start writing, mentoring, etc.)
-  Reach out to someone you admire and ask how they pivoted
-  Tap into your *hope + creativity* superpowers





**🦹 You Already Have Superpowers.
It's Time to Use Them.**

💬 1 in 3 healthcare professionals have left the field because they feel unseen, unheard, or undervalued- NOT because they aren't SKILLED.

Empathy increases patient satisfaction by 40%

Resilience lowers risk of burnout by 60%

🧠 Emotional intelligent teams have 3x better collaboration and retention

🦹 Your real-life superpowers like empathy, adaptability, clarity, curiosity, and courage ARE WHAT CHANGE OUTCOMES.

Thank You!
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for being with us this year.**

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