



# Dr. David Kading

BUILDING YOUR CAREER BEFORE IT STARTS

September 10th, 2014

## Minutes

### About Dr. Kading

Dr. Kading owns a three doctor, two location practice in the Seattle area. Since 2007 Dr. Kading and his wife Dr. Kristi Kading have grown and developed both locations into successful practices specializing in contact lenses, binocular vision and disease management. Dr. Kading has experienced the challenges that transitioning optometrists encounter. He has developed systems and techniques to aid others as they join, purchase, or start a private practice.

### Advice from Dr. Kading

- Do a residency to distinguish yourself from other recently graduated OD's
- Why should an employer hire you? Put yourself in the employer's shoes and prepare a response to that question. What can you offer?
- Network. It is never too early to start networking. The more people you meet, the more opportunities you will have.
- Start attending local society meetings and conferences to stay informed and to meet other optometrists.
- Have a business card and resume in hand.
- Create a LinkedIn
- Whenever you meet a new OD, ask for their business card and try to follow up with them
- Do not buy an expensive car right after you graduate. Save up because you never know when an opportunity may present itself.
- Save money. Continue to live like a student after you graduate until you have a good amount saved up on the side.
- Make changes on budgeting now. Don't wait. Start building your credit and stay on top of your loans. Try to minimize how much you take out.
- Say Yes! Get involved now. Don't be afraid to learn/try new things.
- Prioritize

## Contact Information

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## Useful Resources

<http://www.optometricinsights.com/>

<https://www.youtube.com/user/OptomericInsights>