

# President's Message

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Rob Conenello, DPM

I have a confession. Some days I am not as motivated as others to tackle my days responsibilities. I could be under the weather, tired or just beat down by negativity. I'm sure I am not alone. However, I know that my patients depend upon me to make their quality of life better. My strategy every day is to jumpstart my soul.

A few years back, I had the opportunity to present to the New Jersey Athletic Trainers Association in Princeton, NJ. The speaker before me was Dr. Rob Gilbert, a Professor of Sports Psychology at Montclair State University. He inspired me to realize that I could do anything I set my mind to as long as I had a strategy. Every morning, on my ride to the office, I call into Dr. Gilbert's success hotline. My wife thinks it's corny, but his words always touch a nerve in me and get me through the day.

Today's call reminded us that four years ago Captain Sully Sullenberger successfully landed a several ton aircraft into the Hudson River, saving the lives of 155 people onboard. When asked if he was confident, he replied, Yes. When asked how he could feel this way, he responded...EXPERIENCE. His quote, "for 42 years I have made small regular deposits of education, training and experience.....I was confident that I could make a sudden, large withdrawal."

Relate this to your own lives. If you desire to be a better surgeon, biomechanist, diagnostician you can! You must continue to train to be better. Do not become content, instead realize that there is so much more to learn. Seek out the information you need to make you better. Continue to make small deposits in you!