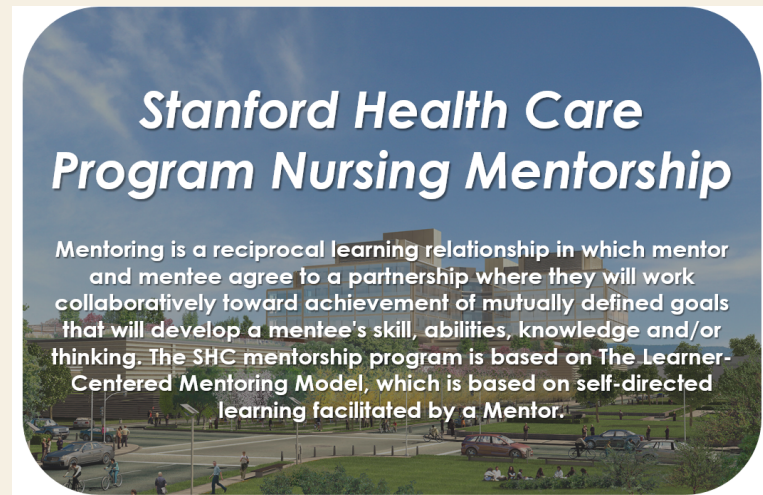




**When Paros Barnett, BSN, RN, HNB-BC, CMSRN**, was a new grad 5 years ago, she felt overwhelmed, and she hoped for someone to help provide guidance and understanding of what she was going through. **She knew then the importance of having a supportive mentor who could take her under his/her wings as she transitioned into becoming an excellent SHC nurse that she aimed to be.** Shortly after building confidence and competence, Paros embraced a passion for mentoring other nurses and healthcare professionals.

**Paras** currently has 2 official mentees, and several unofficial mentees. Per Paros, “If you ever need motivation and guidance with PNDP or SLC, I am here to help. If you are feeling burnt-out and need some Caritas LOVE in your life, I am also here to support you renew your nursing spirit.”

**Paras firmly believes that mentorship at Stanford is an exciting opportunity to expand one’s professional practice, and it provides a wonderful chance to grow while helping another nurse advance in their role.** Paros hopes all SHC nurses will consider this engaging opportunity in the future.



**PARAS BARNETT, BSN, RN, CMSRN, HNB-BC, ONS**  
**CARITAS COACH, CN III**  
**FLOAT POOL DEPARTMENT**  
**STANFORD HEALTH CARE**

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