

Alara Güvenli

Nova Southeastern University Dr. Kiran C. Patel College of Allopathic Medicine

First-year medical student (M1)

2026: First year of AMWA membership

Biography:

Alara Güvenli is a first-year medical student at Nova Southeastern University Dr. Kiran C. Patel College of Allopathic Medicine with an interest in psychiatry and OBGYN, creative expression, and advocacy for women in medicine. She earned her B.S. in Psychology with a concentration in Behavioral Neuroscience and a minor in Spanish from the University of Florida, where she developed a strong appreciation for the intersection of the arts and sciences. Before medical school, Alara worked in primary care as a medical assistant and scribe, experiences that shaped her patient-centered approach to medicine. Her research on the cognitive effects of cannabinoids culminated in a peer-reviewed publication and conference recognition. Alongside her academic work, Alara values creativity as a vital force in medicine, reflected in her involvement in writing and arts-in-medicine dance volunteering. She is especially passionate about uplifting and learning from women physicians and trainees, and she hopes to contribute to a medical culture that values mentorship, creativity, and diverse voices as integral to leadership and healing.



Title: Kaleidoscopic Visions

If I had to choose one word that captures my vision for gender equity in medicine, it would be authenticity. To me, authenticity is the courage to show up as your full self — your passions, values, and personality — without shrinking, apologizing, or conforming to others' expectations. In medicine and science, where hierarchies and stereotypes often dictate how women “should” behave, authenticity is both radical and essential. It is about claiming space, asserting your worth, and refusing to silence any dimension of yourself to fit a preexisting mold.

I first became acutely aware of how challenging authenticity could be during my undergraduate research and clinical experiences. In a male-dominated lab, I often felt that my ideas, opinions, or even my presence were viewed through a lens of skepticism, simply because I was a woman. In hospital lunchrooms dominated by male colleagues, I sometimes hesitated to speak up or fully express my personality, worried that I would be dismissed as a feminist or labeled as “too much” if I embraced all dimensions of myself. People seemed to struggle with the idea that a woman could care about seemingly “insignificant” things like fashion, enjoy both science and art, and still work hard in a STEM field — yet that is exactly who I am. Despite these challenges, I knew that to shrink myself to the boxes these people wanted me in would be a disservice to myself and to women in general — I wanted to prove to myself and others that encompassing a collage of traits and subverting expectations allows people to truly thrive. I slowly began to speak up more and show up as my authentic self. People were a little confused at first, making little jokes here and there, but I stood my ground. Building up my confidence and persevering led me to where I am today, a place I could've only dreamed of a few years ago: being a medical student that conducts research on the intersection between the humanities and medicine, dressing in a way that feels true to my creative and free-spirited self, and running a blog where I get to work my creative juices and share my opinions on topics that are important and interesting to me.

During my gap year as a medical assistant, I had the privilege of working with a woman physician whose authenticity left a lasting impression. She showed up fully herself — confident, unapologetic, and strong — and refused to be a doormat in a system that often undervalues women. Witnessing her presence and self-assurance made me realize that authenticity is not only possible in medicine but also transformative: her example inspired me to claim my own voice and pursue my ambitions without compromise.

Dr. Brodsky's mission to help women physicians “get the jobs they want, be paid what they deserve, and have it all” resonates deeply with me because authenticity is at the heart of achieving these goals. Being paid what you deserve requires the confidence to ask for it and the clarity to define your own worth. Getting the job you want means staying true to the career path and specialty that align with your values and passions, even when others doubt or question your choices. And having it all — the balance of personal, professional, and intellectual fulfillment —

depends on the courage to honor every part of yourself without apology. Gender equity in medicine is not just about access; it is about creating systems and cultures where women can bring their full selves to the table and thrive.

As I continue my career in medicine, I will carry the word authenticity as both a compass and a responsibility. I will strive to lead with integrity, voice, and vision in clinical care, research, and mentorship. I will advocate for colleagues and trainees to cultivate their own authenticity, challenging structures that reward conformity over creativity or courage. Recently, I was honored to be voted Social Media Coordinator for our school's American Medical Women's Association, and I see this role as an opportunity to celebrate the inspiring women around us — highlighting not only our fellow students, but also the advisors, professors, and mentors who model strength, courage, and authenticity every day. Through this platform, I hope to create spaces where women feel empowered to be fully themselves and to pursue leadership, scholarship, and impact without compromise. By committing to authenticity, I aim to contribute to a medical culture where women are not just allowed to thrive, but are expected to — unapologetically, fully, and on their own terms.