

THE VETERINARY PROFESSIONAL HEALTH SERIES



Join Royal Canin for this four week webinar series as we partner with industry experts and special guests to highlight some of the challenges facing the veterinary profession.

Each session will cover a specific area with key strategies to manage them while looking for opportunities to empower, adapt and thrive in practice.



1 hour for each of the four sessions

Kahoot!

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OUR UPCOMING TOPICS

WEDNESDAY 7TH SEPTEMBER 2022

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INSIGHTS TO IMPACT - HOW CAN WE SUPPORT OUR COLLECTIVE MENTAL HEALTH



Start time: **7.00pm**
45 mins +15 Q&A

PRESENTED BY **ROSIE ALLISTER**

Join Rosie Allister in this research-led talk with tangible tips about how we can help ourselves and those around us when it comes to our collective mental health.

WEDNESDAY 14TH SEPTEMBER 2022

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BUILDING BETTER WORKPLACES - REAL STORIES FROM THOSE FINDING THEIR SWEET SPOT IN GENERAL PRACTICE



Start time: **7.00pm**
45 mins +15 Q&A

PRESENTED BY **ADRIAN NELSON-PRATT & GUESTS**

Join Adrian Nelson-Pratt from VSGD as he hosts a panel of professionals sharing how nurse clinics, flexible working, adjustments for chronic ill health, teletriage and day structure has helped keep happy teams and businesses thriving.

WEDNESDAY 21ST SEPTEMBER 2022

[CLICK HERE TO REGISTER](#)

ASSERTIVE CONVERSATIONS



Start time: **7.00pm**
45 mins +15 Q&A

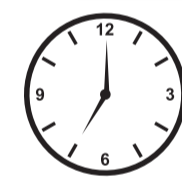
PRESENTED BY **CAROLYNE CROWE**

This session will focus on how to have open, positive and assertive conversations to communicate your needs and opinions at work and enable you to feel heard and to thrive in your role. Being able to identify what works for you (and the team) is an essential

WEDNESDAY 28TH SEPTEMBER 2022

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THE IMPOSTER SYNDROME CLUB: LET'S GET TALKING!



Start time: **7.00pm**
45 mins +15 Q&A

PRESENTED BY **KATIE FORD & GUESTS**

As Vets Stay Go Diversify Founder, Ebony Escalona, once said "Imposter Syndrome is the club we're all part of, but nobody talks about", so in this session, we're going to start talking. Vet, speaker, and coach, Katie Ford, will be joined by special guests to start the conversation flowing, whilst we discuss and signpost ways to navigate this experience, taking into account our individual differences and experiences.

Learning Objectives:

- Define imposter syndrome and how that might appear in the veterinary profession
- List the five different 'types' of imposter syndrome, and explain how each one might show up
- Describe three techniques that can be helpful when feeling like an imposter
- List external sources of help, support, and resources

MEET OUR SPEAKERS



DR. ROSIE ALLISTER BSc (Hons) BVSc MSc PhD MRCVS

Dr Rosie Allister has received the British Veterinary Association Chiron Award and the RCVS Impact Award for work on veterinary mental health. Rosie manages Vetlife Helpline, a 24 hour support service for everyone in the UK veterinary community. Her research, based at the University of Edinburgh, looks at veterinary mental health, wellbeing in transitions, and veterinary suicide prevention. She has written and spoken extensively about veterinary mental health in the UK and internationally. She has volunteered with Samaritans for 18 years and advises a number of national organisations on suicide prevention and self harm.



ADRIAN NELSON-PRATT BVSc DipCoaching MRCVS

An accredited performance coach and business coach, Adrian is a Director of Vets Stay, Go Diversify, an experienced General Manager and also a Vetlife trustee.

His experience as a business executive, leader and people manager enables him to bring 26 years of business skills to coaching. Working at C-suite level, in boardrooms and supporting senior teams is challenging and rewarding and he loves helping to develop leadership, strategy and operational delivery of plans.

He's focused helping people fulfil their potential and is driven to help people achieve their dreams, taking great pleasure in seeing how people become unstuck, discover their vision and ignite their passion.



CAROLYNE CROWE

BVetMed (Hons), BSc (Hons), MSc, Dip Coaching, Dip Stress Management and Wellbeing, FRCVS

Carolyne is head of training at the VDS. She is an experienced equine vet, an award-winning high performance coach, mentor, international speaker, researcher, and lecturer.

Carolyne has a Masters degree in Workplace Health and Wellbeing, diplomas in stress management and wellbeing, personal and team resilience.

Carolyne has specific expertise and interest in creating healthy workplace cultures, positive leadership and is passionate about helping others thrive at work and in their lives.

Carolyne was awarded Coach of Excellence accreditation and her Fellowship to the Royal College of Veterinary Surgeons in 2020 for her outstanding contribution to the profession.

Loving a challenge, in 2017, Carolyne ran 10 marathons in 10 days raising over £100,000 for the Brooke charity.



DR. KATIE FORD BVSc(Hons) CertAVP(SAM) PGCert MRCVS Vet, Imposter Syndrome Speaker, Coach, Mentor, Consultant BVNA Keynote Speaker 2020. Currently undertaking Masters in Emotional Wellbeing.

Katie is an experienced small animal vet, having graduated from Liverpool in 2012 and gaining her RCVS Certificate in Internal Medicine in 2017. She became passionate about opening conversations up around imposter syndrome and self-doubt following her own experiences in the veterinary profession, and trained as a certified coach with further study in a number of areas, as well as publishing a series of books. Katie grew a following of over 18,000 across social media, and is an international and keynote speaker, both in the vet profession and beyond. She co-founded Vet Empowered in 2020, offering personal development content and group coaching services, namely to recent graduates.

As her businesses grew, she saw the importance of money mindset and financial independence, not only within her own clients but in making personal progress too. She joined VetYou as a co-director, helping to break down barriers around finances within the profession and to enable access to timely, expert financial advice. She is currently studying for a Masters Degree in Emotional Wellbeing Therapy.