

VETERINARY TEAM BUILDING WORKSHOP

ESSENTIALS FOR VETERINARY WORKPLACE WELLBEING

- Do you struggle to manage stress at work?
- Do you try to avoid conflict with co-workers at all costs?
- Do you believe that you work in a toxic team?



If so, then this workshop is for you! Veterinarians, technicians, client care representatives, and other veterinary team members who want to reduce stress and work in a cohesive, supportive, and healthy workplace will benefit from attending.

This veterinarian-technician team-led workshop uses practical examples, reflection exercises, and small group discussion to provide the information and tools needed to:

- Communicate effectively within a veterinary team
- Understand the Myers-Briggs personality types and how they contribute to the workplace dynamic
- Manage stress in the workplace based on personality types
- Handle disagreements and conflict with co-workers and clients
- Know what creates a toxic work environment
- Recognize how to prevent or resolve toxic personalities
- Show gratitude for others based on the five different languages of appreciation
- Foster resilience and longevity in veterinary practice

Session titles include:

- Effective veterinary team communication and conflict resolution
- Understanding co-worker personality types
- Stress management techniques based on personality types
- Toxic veterinary teams
- Appreciation styles in the workplace
- Practical tools for workplace wellness

Veterinary team members will come away from this workshop understanding how personality types contribute to workplace dynamics, ready to tackle toxic team members, and focused on fostering wellbeing in the workplace.

Testimonials:

**"This workshop provided a lot of very helpful information that will help strengthen our team!"
Marnie Peacock, RAHT, Office Manager**

**"The workshop was well planned from both speakers. There were issues regarding wellness that I had not even considered."
Joanne Heaver, DVM**

**"I valued learning how to get feedback from staff and understanding what they value in the workplace and their stressors; the workshop was very good and informative."
Dawn Volk, RVT**

**"Thank you for your thoughtful and relevant material that I can bring to our hospital right away."
Libby Fulton, DVM, Practice Owner**

**"Fabulous workshop! So much information, ideas and suggestions. I am going to be busy implementing positive changes!"
Yvette Hall, Administrative Assistant**

MEET THE SPEAKERS

JOLENE WATSON
RVT

www.jolenewatson.com



Jolene Watson is a Registered Veterinary Technologist, Certified Myers-Briggs® Practitioner and President of Clarity Coaching & Development. She graduated as a Distinguished Graduate from the Veterinary Technology program in Saskatoon in 2000. Her favorite memory relates to her passion for cats and helping to design the Cat Hospital of Saskatoon, where she practiced as the head Veterinary Technologist and Office Manager for 6 years.

Jolene has graduated from many prestigious programs including but not limited to: Praxis School of Entrepreneurship, Psychometrics Canada Ltd, and Dale Carnegie Training. She designed a 'Veterinary Client Relations' course that she teaches to the first-year veterinary technology students; the focus is on stress management, study and exam preparation, customer service and professionalism. She has received the Advanced Communicator and Competent Leader awards from years of being a dedicated member of Toastmasters International and has over 18 years of office management experience. She was also a finalist for the Chamber of Commerce SABEX Awards in the category of New Product and/or Service.

When she is not working she loves to research the psychology of relationship sustainability and also enjoys spending time with her boyfriend Baden and her rescue kitties Charlie and Rosie who keep her constantly entertained with their kitten-like energy. For more information, please visit www.joleneWatson.com/veterinary or follow Jolene on Facebook (@ClarityCoachingandDevelopment).

MARIE K. HOLOWAYCHUK
DVM, DACVECC, CYT

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Dr. Marie Holowaychuk is a specialist in small animal emergency and critical care living in Calgary. She travels worldwide to work as a speaker, consultant, and locum. Marie graduated from the Western College of Veterinary Medicine in 2004 before completing a year-long rotating internship in small animal medicine and surgery at Washington State University, followed by a 3-year small animal emergency and critical care residency at North Carolina State University. After becoming board certified in 2008, Marie accepted a faculty position at the Ontario Veterinary College, where she was Assistant Professor of Emergency and Critical Care Medicine until 2013.

Dr. Holowaychuk has a vested interest in the health and wellness of veterinary professionals after suffering from burnout in academia. She has also spent parts of her career in general practice and specialty private practice where she has witnessed the ramifications of unhealthy work environments on veterinary team members.

Marie is a certified yoga and meditation teacher and leads yoga practices for veterinary students, technicians, and veterinarians. She also has Compassion Fatigue Training from the University of Tennessee School of Social Work, Mental Health First Aid Training from the Mental Health Commission of Canada, and Applied Suicide Intervention Skills Training from the Centre for Suicide Prevention. Marie writes a blog and electronic newsletter on pertinent issues pertaining to veterinary wellness and facilitates Veterinary Wellness Workshops and Retreats for veterinary care providers.

When she is not working, Marie enjoys practicing yoga, swimming, gardening, and hiking in the Rocky Mountains. For more information, please visit www.criticalcarevet.ca or follow Marie on Facebook (@DrMarieKHolowaychuk), Twitter (@DrMHolowaychuk), or LinkedIn (MarieK-Holowaychuk).

Investment: \$5000 + applicable taxes, travel, and accommodations

Please email Dr. Marie Holowaychuk (criticalcarevet@outlook.com) or Jolene Watson (joleneWatson@live.com) for more information or to schedule a workshop for your organization

DR. MARIE HOLOWAYCHUK

Critical Care Vet

