

STRESS, RESILIENCE & YOUR WELLBEING

An Evening Seminar by Dr Natasha Wilks

Veterinary practice can be very stressful at times. The long hours and after hours, the high workload, dealing with clients, managing the schedule and coping with challenging and upsetting cases. While you have good intentions to look after your health, it usually is the first thing that is forgotten in busy times.

The Drake report found that veterinarians have low levels of wellbeing and 1 in 20 suffer from serious psychological distress. An absence of mental ill health doesn't equate to a high level of wellbeing. Managing stress, building resilience and improving your wellbeing is something that everyone in the veterinary team needs to prioritise to thrive in their life and career.



Seminar Outline :

- ✓ What is stress & how does it affect you?
- ✓ How to manage your stress
- ✓ Resilience is a key skill for your wellbeing
- ✓ What is wellbeing and why is it so important in practice
- ✓ The 6 elements to increase your wellbeing

DATES:

Sunday June 17th Bundaberg 3-5pm

Monday June 18th Rockhampton 7-9pm

Tuesday June 19th Mackay 7-9pm

Wednesday June 20th Townsville 7-9pm

Thursday June 21st Cairns 7-9pm

Locations: TBC

INVESTMENT :

Starting at \$550 incl GST per practice

Includes refreshments served 30 minutes before

TO REGISTER :

www.HighPerformanceVets.com/wellbeing-seminar

BONUS :

- * Every team member will receive access to the online program Wellbeing In Practice

FOR ENQUIRIES CONTACT :

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Dr Natasha Wilks BVSc DipCoaching CAPP B3 is a Veterinarian with 18 years experience and has been a coach and trainer for 12 years.

Natasha is passionate about helping veterinarians & their teams cope with the challenges in practice and giving them the strategies to thrive personally and professionally.

Natasha has presented at conferences Australia wide and worked with individuals and practices nationally & internationally.