

INVITATION TO A LIVE WEBCAST



Striving for work-life balance: Making this resolution a reality

Tuesday, January 18, 2022,
at 3 p.m. (EST)

12:00 1:00 2:00 3:00 4:00 4:30
BC (PST) AB (MST) SK/MB (CST) ON/QC (EST) PEI/NB/NS (AST) NL (NST)



As a veterinary care provider, you are likely feeling overworked and exhausted by the never-ending pull of patient care, client needs, and other professional obligations. When you add to these the demands of your life outside of work, such as raising children, caregiving for pets, or practising self-care, it is no wonder that you feel burnt out. **And as you move into the new year, your desire to balance work and home life will become stronger, leaving you to wonder, is it really possible to achieve a balance between your personal and professional lives?**

During this important and timely webcast, veterinary wellness advocate and *Thrive!* collaborator, **Dr. Marie Holowaychuk** will discuss **what work-life balance means and how you might achieve it with practical tools and strategies for:**

- managing your time;
- setting boundaries; and,
- preserving your energy;
- saying no.

Join us as we discuss ways to help start 2022 on the right foot.



Presented by
Marie Holowaychuk
DVM, Dipl. ACVECC, CYT

Dr. Marie Holowaychuk is a board-certified small animal emergency and critical care specialist and passionate advocate for veterinary team wellbeing. She lives in Calgary and travels worldwide as a speaker, consultant, and locum. Marie has spent more than 15 years practicing emergency and critical care medicine in academic and private referral hospital settings. She has been primary or co-author of more than 30 manuscripts published in peer-reviewed journals. Outside of veterinary practice, Marie is a certified yoga and meditation teacher and has completed a mindfulness-based stress reduction course for professionals. She facilitates wellness workshops and retreats for veterinary clinics or organizations and offers individual or group wellbeing sessions for veterinary team members. Marie has Compassion Fatigue Training from the University of Tennessee School of Social Work, as well as 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 is also a certified life coach and writes a monthly blog and e-newsletter on pertinent issues related to veterinary wellness. She has authored dozens of articles and recorded a multitude of podcast interviews related to personal and professional wellbeing.

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