



# HOW HIGH ACHIEVERS SUCCEED... AND KEEP SUCCEEDING

There is a very close link between well-being and success. But what is it? How do we get it and how can we maintain it?

If you've ever wavered in your love for your work or wondered about your purpose, this is a great opportunity for you! Join us for a six week online workshop where you will find resources to develop good habits that will enrich your life and your work. In this content-heavy world, getting knowledge is easy, it's hard to apply that knowledge to the way you lead your life.

Cathy teamed up with VetPrac to bridge the gap, between learning and doing. This course uses a flipped classroom model where the content is provided in advance of the weekly online meetings. Cathy will utilize her training in coaching to guide course participants through literature and supporting activities. There will be ample opportunity for individual and group reflection and discussion with the aim of illuminating the steps that participants can take to move towards their version of success.

**PRE-REQUISITES** This course is suitable for any veterinary professionals from veterinarians to nurses to practice managers. A time commitment of approximately 3 hours (divided) per week is required.

**EDUCATOR** Dr Cathy Warburton – *BSc, BVMS, MACVSc, MVS, TAA, Dip Pos Psych and Well-being*

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PRACTICAL SKILLS FOR PRACTICAL VETS

## MODULE 1

### THE BENEFITS OF POSITIVE EMOTIONS

We all want to be successful in life – the question is, what exactly does that mean or look like? In this session, the meaning of success is explored and the link between success and well-being illuminated. We use assessment tools to build self-awareness of the current state of our emotions and emotional regulation. The benefits of positivity and mindset are highlighted and strategies to bolster our positive emotions introduced.

## MODULE 2

### BOUNCING BACK FROM ADVERSITY

All of us encounter setbacks and failures in our lives and these negative events can create stress. This session highlights the coping strategies which can be utilized to manage stress, build resilience and allow us to grow from adversity.

## MODULE 3

### ENGAGING AND DISENGAGING

As veterinary professionals, we want to be engaged in our work and wake up excited about the day ahead. We want our colleagues to do the same. The JD-R theory of Bakker et al (2014) forms the framework for consideration of the balance between the factors that enhance engagement and those that prevent us from disengaging and lead to burnout.

## MODULE 4

### THE IMPORTANCE OF PEOPLE

The veterinary industry relies on building relationships with people so that we can look after their animals. The importance of connection is explained from a neuroscience point of view and frameworks for building more compassionate and productive relationships are outlined.

## MODULE 5

### WHY DO YOU DO WHAT YOU DO?

“Without a personally defined meaning and purpose, life would be like a ship without a compass.” (Wong 2011) This session reviews the literature on meaning and examines what is personally important to each participant so that they can best utilize the most precious resources they have at their disposal - time and energy. Having clarity of meaning and purpose feeds passion.

## MODULE 6

### GETTING STUFF DONE

Equipped with greater understanding of ourselves, what we are good at, what we love and want to do, we now go about setting positive goals and discuss strategies to convert our dreams to reality.

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