



VETSUPPORT

PROFESSIONAL NEW GRADUATE MENTORING



Have professional mentor, Dr Cathy Warburton, guide you through the first year of your career so you can reduce your worries and concentrate at work while being supported. Smoothly transition into work by knowing you have a safe, private and supportive platform to share your successes and concerns.

Create long term supportive relationships and gather evidence based information on what troubles people during times of transition and how to deal with it. This program promotes resilience and personal growth for improved productivity, longevity, health and happiness. It increases commitment, job satisfaction and engagement.

Your employers are also invited to a free Q&A with Cathy before the program starts so they can feel comfortable that you are getting good support outside of work. In addition to this, if your employer would like further support they can sign up for two employer-only sessions.



EDUCATION LEADERS

Dr Cathy Warburton

*BSc, BVMS, MACVSc, MVS,
TAA, Dip Pos. Psych. and Well-being*

Cathy graduated from Murdoch University in 1989 as a veterinarian. She worked as a clinician, trainer and manager in private, university and corporate practices for 25 years, mostly in the pressure cooker environment of Emergency and Critical Care. Cathy completed a Diploma in Positive Psychology and Well-being and further training in coaching before starting Make Headway with the aim of having professionals support professionals to advance veterinary mental health.

LOCATION

Online

PRICE

\$750 +GST Includes Free Q&A session with Cathy
Add \$200 to include two employer only sessions

WORKSHOP DATE

11 sessions are held monthly* between January 10th and November 8th, 2018. Sessions are live, start at 2pm and go for 90min. Homework can be done at any time between sessions and takes about 2 hours.

CPD VALUE

27 CE points

CONTACT

info@vetprac.com

YOU WILL LEARN ABOUT

- What are my expectations?
- Professional commitment
- Personal strength/identity
- The personal resources for resilience
- Finding value in oneself
- Emotional intelligence and confidence
- Self-Evaluation and learning from our mistakes
- Coping strategies
- Strategies to create resources
- Assessing contextual resources – Is this right for me?
- Building effective relationships
- Sustainable engagement
- Managing Demands and Boundaries
- Work Life Balance
- Managing unhelpful thoughts
- Making a plan when things don't go well
- Optimism and motivation

BOOK NOW

Register at  www.regonline.com.au/VetSupport18

or call  0414581600 or email  we.help@vetprac.com

 **VetPrac**[®]
PRACTICAL SKILLS FOR PRACTICAL VETS