

## FAQs

### What is a Share and Care Group?

It is a facilitated professional development group which provides a safe place to reflect on work within the veterinary industry. This group is suitable for anybody within the veterinary industry - no matter your age, stage or role.

The focus of the group is on the professional attributes that underpin our specific technical skills and knowledge, such as self-awareness, mindset, communication and motivation.

Learning is through a combination of coaching, direct teaching and shared experiences.

### What are the benefits of joining a Share and Care group?

Membership of a Share and Care group is a **proactive mental health strategy**, providing;

- A **safe space** to openly and confidentially discuss your fears, vulnerabilities, joys and successes - normalising workplace challenges, mutual support and help-seeking
- **Peer support** – people who understand your world and with similar or different views, a larger support network and reduced isolation
- **Personalised learning** – we use participants experiences as learning tools and have the flexibility to spend more time on matters that are of importance right now
- **Reduced isolation, stress, burnout**
- **Greater emotional intelligence, resilience, well-being and life/work satisfaction.**

From a business point of view, Share and Care groups help businesses to;

- Meet their legal and moral duty to care for their employees. Share and Care groups assist employees to manage the known risks factors of veterinary work such as high emotional demands and ethically challenging situations.
- Support their staff members in their on-going development.

### How do they work?

Participants have an annual membership to the group and participants meet monthly for a 90 minute interactive Zoom webinar for 10 months of the year.



**There is no preparatory work for this group. Each month has a designated topic, which is chosen by the participants in advance.**

An interactive 90minute Zoom webinar, discussing the designated topic for approximately 60 minutes is followed by time for participants to discuss/share their challenges and successes with the group.

Attendance at the live webinar is strongly encouraged. The session is also recorded and access is available to the participants only, for 1 month.

A follow-up email highlights the key points with reference to the research in the area.

### **When are they held?**

We currently have a group with limited spaces running on the last Weds of each month (Feb to Nov) starting at 8pm.

Additional groups will be formed at mutually agreed times when a minimum of 6 people show interest. A maximum of twelve people will be enrolled in each group.

### **Wouldn't they be better face-to-face?**

Maybe. The question is whether they would actually happen if people had to meet at a central point. We have been running groups such as these on-line for the past 2 years and know how to create safety and promote interaction. On-line Zoom webinars are easy to use, convenient and economical.

Face-to-face groups can be arranged in Melbourne and Sydney if you would prefer this medium.

### **What is the cost?**

Individual annual Zoom membership = **\$650** + GST

Want to create your own group? Please contact us for a discounted rate.

### **Interested?**

Contact us at [info@makeheadway.com.au](mailto:info@makeheadway.com.au)

