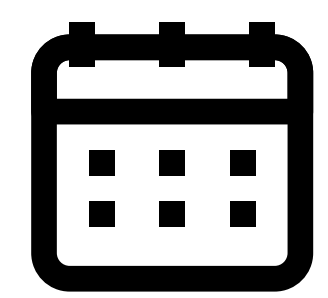


# Promoting Mental Health and Effective Communication in the Veterinary Workplace



Friday April 5th, 2024 at 9 AM - 3:30 PM MDT



In Calgary, Alberta

In today's stressful and busy veterinary practices, fostering a culture of effective communication, psychological safety, and mental health is paramount for success and employee wellbeing. Join us for an impactful session where a diverse panel of experts, including a veterinarian and mental health educator, a speech-language pathologist, and an HR consultant, come together to explore the intricacies of navigating mental health and communication dynamics in the workplace.

Our esteemed speakers will explore various aspects of effective communication, from relaying information both in-person and online to honing speech skills for clearer and more impactful communication. They will also address the mental health continuum, identifying signs when someone may need help, and initiating mental health conversations in the workplace. Additionally, they will delve into crucial topics such as psychological safety, the importance of DEI, and guidance on disability management processes. Activities will include breakout group sessions, pair and shares, role play, and Q&A.

Don't miss this opportunity to enhance your knowledge, skills, and awareness around navigating mental health and effective communication in the workplace. Join us for an engaging and informative session that promises to leave you inspired and empowered to create positive and lasting change in your veterinary practice. *Please note: Mental Health First Aid Training is a prerequisite to attend.*

## SPONSORED BY:

Jillian Carr, founder of Steady Gait Planning, is on a mission to enhance the mental health and wellness of veterinary professionals through comprehensive financial guidance. As a specialized Financial Advisor serving the veterinary market, Jillian understands the unique challenges and opportunities faced by veterinarians, technicians, and specialists alike. With a personalized approach tailored to each client's needs, she crafts financial strategies as unique as a dog's nose print. Jillian's expertise lies in providing well-rounded advice that addresses the diverse financial situations of her clients, supporting them through every career transition.

Collaborating with a seasoned team of professionals from leading insurance and wealth partners, she ensures her clients make informed decisions backed by expert guidance. From debt management to living benefits and life insurance, Jillian is dedicated to empowering her clients to achieve success in their careers. Find out more about Steady Gait Planning by visiting: <https://steadygaitplanning.com/>.





## OUR FACILITATORS:



**Shea Westcott, MS, R.SLP, CCC-SLP, SLP(C)** has spent close to the last 20 years working as a Speech-Language Pathologist in Edmonton, AB, and is the owner of a private practice, called Fluent Expression. Hailing from Winnipeg, MB, Shea studied at the University of Manitoba, and completed her Master of Science in Speech-Language Pathology at Minnesota State University Moorhead with a strong interest in stuttering. She got her start specializing in stuttering therapy, helping so many people to find their voice and improve their confidence. She has also presented throughout western Canada and in the United States, as a leader in her field. Through this work,

Shea has focused on teaching strategies to overcome the struggles people often face with communication, small talk, giving presentations, preparing for job interviews, and managing tension. She has been able to apply this with clients in the corporate and professional sectors, providing freedom to share ideas, engage with others, and ultimately, make strong connections through communication.



**Marie Holowaychuk, DVM, DACVECC, CYT**, a certified coach, yoga, and meditation teacher, is a passionate advocate for mental health and wellbeing in the veterinary profession. With over 20 years of diverse experience in veterinary practice, academia, emergency care, and corporate settings, Marie delivers workshops, lectures, and keynotes worldwide. Recognized for her focus on communication, wellness, and preventing burnout, she has received accolades such as the Alberta Veterinary Medical Association Communication Award (2020) and the Alberta Blue Cross Face of Wellness Award (2022). Marie serves on several advisory committees, including the

CVMA Wellness Advisory Committee and the ACVECC/VECCS Diversity, Equity, and Inclusion Committee. She hosts the Reviving Vet Med podcast and provides virtual coaching for veterinary professionals. Marie's extensive training includes The Working Mind Facilitator Certification, Veterinary Healthcare Communication, AVMA Wellbeing Educator Training, and Step into Your Moxie® Facilitator Training.



**Cindy Wilhelm, BComm** has been immersed in the HR field for over 15 years with experience across Alberta and British Columbia. As a School of Business, University of Alberta Alumni, Cindy brings people operations experience supporting a diverse array of clients in both private and public sectors. Outside of work, Cindy has two young active girls and a restaurateur husband, so life is full and busy. Cindy is passionate about the importance of psychological safety in the workplace, especially following the pandemic. She is currently in her final year of her Master of Arts in Counseling Psychology and is soon to begin her counseling student practicum. She is

motivated to elevate her skill set to support mental wellness in the workplace and is particularly drawn to helping those struggling to manage work-life balance, and career transitions.

Email [info@marieholowaychuk.com](mailto:info@marieholowaychuk.com) for more information or to register.

