

# INVITATION TO A LIVE WEBCAST



## Mistakes happen: Coping compassionately when things crumble

November 15, 2023, at 3 p.m. (EST)

12:00

BC (PST)

1:00

AB (MST)

2:00

SK/MB (CST)

3:00

ON/QC (EST)

4:00

PEI/NB/NS (AST)

4:30

NL (NST)

Mistakes are a normal part of veterinary practice and often result in guilt, shame, or blame. These situations frequently lead to negative self-talk or avoidance behaviours that cause individuals to withdraw from work or exit the profession altogether.

During this webcast, veterinary wellness advocate and **Thrive!** collaborator, **Dr. Marie Holowaychuk** will cover practical strategies for dealing with mistakes in veterinary practice and demonstrate the benefits of positive self-talk and self-compassion to help veterinary professionals to overcome these situations.

Join us as we discuss common mistakes that occur in veterinary practice and how to overcome such situations with positive self-talk and self-compassion.



### 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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