

INVITATION TO A LIVE WEBCAST



That's not my job: Practical solutions for workplace toxicity

Wednesday, January 17, 2024,
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)



With the shortage of veterinary team members and high caseloads, veterinary professionals are struggling with burnout. Workplace toxicity contributes to employee burnout and dissatisfaction, which can lead to a vicious cycle of turnover and exhaustion for team members who are left behind. Recent studies and focus groups have served to highlight the components of a toxic workplace, in which toxic attitudes are ignored or not addressed.

During this webcast, veterinary wellness advocate and **Thrive!** collaborator, **Dr. Marie Holowaychuk** will describe the causes and consequences of a toxic veterinary work environment and introduce some strategies and tools for mitigating or addressing workplace toxicity.

Join us as we learn to recognize the toxic behaviours and situations in the workplace and explore statistics on toxicity and burnout in the veterinary field.



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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