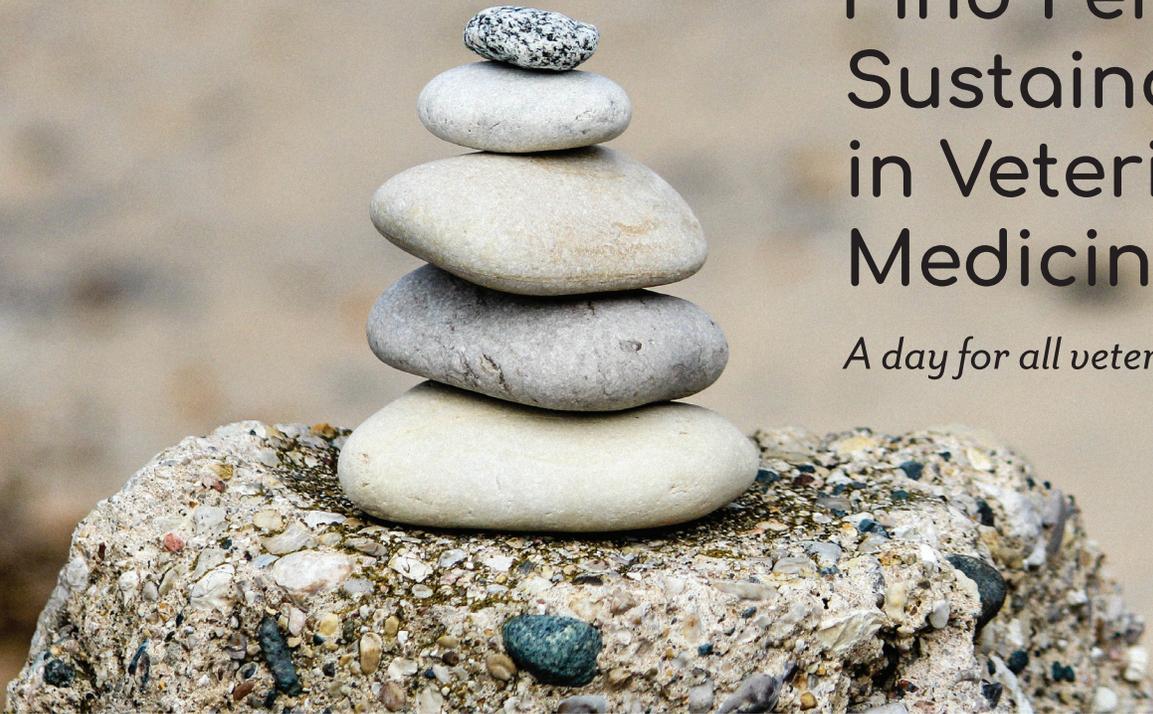


# Find Personal Sustainability in Veterinary Medicine

*A day for all veterinary professionals*



## About Dr. Kimberly Pope-Robinson

After graduating from the UC Davis School of Veterinary Medicine in 2000, Dr. Pope-Robinson practiced in both large and small animal medicine. From this experience, she gained an understanding of the stresses which can lead to a lack of fulfillment in the profession. Dr. Pope has found that helping others find the path to manage perfectionist tendencies as well as their personal shame while helping individuals to develop the skills of self-forgiveness and resilience is the foundation to a sustainable career in the veterinary industry.

Saturday, June 2, 2018 ~ 9 am - 4 pm

Red Lion Hotel, 3301 Market St. NE, Salem

Dr. Pope-Robinson's workshop is designed to help each individual on his or her own personal journey to career resiliency.

As veterinarians and caregivers, we sometimes feel dark and lonely—trapped by our obligations and the expectations of the world. We care for so many lives. Yet our own lives can feel unspoken for. This wellness program will look at:

- ▶ Finding balance between the negative and the positive
- ▶ Harnessing the core principles of connection
- ▶ Overcoming challenges with empathy and humor
- ▶ Recognizing, embracing, and connecting to life again

We don't have to blame and judge ourselves. We don't need to be fixed. We are normal, loved, and wanted. More, we are in control, and we can move forward with our lives. We are one life connected. And we can cross that bridge back to connection, starting with just one step.

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*DVMs can claim up to 6 hours and CVTs up to 3 hours on non-scientific subjects per CE cycle.*

# Program Highlights

This interactive workshop provides a high-level understanding and approach to well-being in the veterinary profession, offering clarity about the struggle that many face in finding career contentment.

Attendees will:

- ▶ Gain a full understanding of the challenges and struggles currently present in the industry for career sustainability.
- ▶ Become mindful of our response to daily interactions.
- ▶ Be provided with a framework to utilize going forward to find a personal sustainable path.
- ▶ Begin the journey to our path to stay connected to our joy and our pain.
- ▶ Begin the path to stay connected to ourselves and all of humanity while working within the veterinary industry.
- ▶ Use imagery to allow each of us to begin the process to become more aware of our current state related to our career.
- ▶ Learn how to take an active part in creating our environment and have the full understanding how we are not victims to our surroundings.



## Registration Form

Name \_\_\_\_\_  DVM  CVT

Clinic Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Registration Fee - \$75 (includes lunch) Dietary Needs \_\_\_\_\_

**Check:** Please make check payable to OVMA.

**Credit Card:**  Visa  MasterCard  AmEx Card # \_\_\_\_\_ CVN \_\_\_\_\_

Exp. \_\_\_\_\_ Billing Zip \_\_\_\_\_ Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

**Registration Deadline: Friday, May 25, 2018**

Fax to (503) 363-4218 or mail to OVMA, 1880 Lancaster Dr. NE, Suite 118, Salem, OR 97305