

Defusing the veterinary stress **time bomb**

Top Tips for reclaiming
control of your time,
energy and sanity

■ DAY MEETING - TWO VENUES

Tuesday 23 September 2014 at Exeter

Wednesday 24 September 2014 at Bristol

Registration from: 9.00am

Start time: 09.30am Finish time: 5.00pm

This day course is aimed at vets, nurses and practices managers who wish to increase their understanding and management of the frequent problem of high stress and poor time management in the profession. We review the cycle of our own energy levels and how the practice environment often hijacks this cycle, with top tips for combatting this. Innovative ways of managing workflow will be demonstrated that can be used effectively at work or home to climb out of "busyness", help you regain enthusiasm and enjoyment of your job and achieve a better work-life balance.

Speaker: Jenny Guyat

Venues: Exeter Court Hotel, Kennford, Exeter EX6 7UX
www.exetercourthotel.co.uk

Hilton Bristol, Woodlands Lane, Bradley Stoke, Bristol BS32 4JF
<http://www3.hilton.com>

Fees:

- BSAVA Member £120
- Non-member Vet £72
- BSAVA Nurse Member £270
- Non-member Nurse £102

Further information available from southwest.region@bsava.com

Please pre-book at www.bsava.com or by contacting
BSAVA Membership and Customer Services Team

Tel: 01452 726700 Email: administration@bsava.com



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Speaker

Jenny Guyat BVetMed MRCVS

Jenny graduated from the Royal Veterinary College in 2001 and spent four years in small animal practice. She then returned to the RVC and carried out an internship in small animal medicine and surgery before joining Vets Now. Jenny set up a new emergency clinic and gained valuable experience of managing a practice before moving to help launch Pet Blood Bank UK. She returned to Vets Now as Business Development Manager and gained valuable insights into many aspects of practice business and management. She is now enjoying using all the skills acquired to help independent practice owners maximise their businesses and work life balance as a consultant for Vet Dynamics.

This course is presented in memory of **Clare Main** BVetMed MRCVS. Clare was a passionate and caring veterinary surgeon, whose cheerful disposition and astonishing ability to organise in the face of adversity, including her own illness, were the catalyst for creating this day course. Clare was Secretary of BSAVA South West Region and worked tirelessly in this role, on top of her demanding job co-ordinating CPD at Langford Vet School. Despite her overwhelming can-do attitude, Clare was highly aware of the demands of veterinary practice and its effects on home life, and as such was an ardent supporter of the Veterinary Benevolent Fund, to whom a percentage of the funds raised by this course will be sent.

Exclusive for members

Extra £5 discount off BSAVA publications
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