

# VVTA Continuing Education Webinar

## November 15, 2020



Julie Squires is a Certified Compassion Fatigue Specialist and Certified Life Coach who brings a unique perspective and approach to support the sustained energy and passion of those exposed to the highly stressful, challenging and sometimes traumatic environment of veterinary medicine. She does this in a very distinct way, by empowering them to help themselves through easy-to-implement yet powerful practices, tools and insights.

Julie has over twenty-five years of experience within the veterinary industry as a veterinary assistant, hospital administrator and leading organizations, developing and executing training and workshops most notably for Nestlé Purina, Bayer Animal Health and IDEXX Laboratories. She is a Certified Compassion Fatigue Specialist through the Traumatology Institute.

Julie is a recognized international speaker and also offers webinars, on-site seminars and workshops, online courses, private 1:1 coaching and the Rekindling podcast all as a result of the need Julie saw to help those that work with animals maintain their wellbeing and mental health. Julie lives in New York's Hudson Valley with her husband John, pugs Ernie & Mabel and Gregg & Duane, their two cats.

[www.rekindlesolutions.com](http://www.rekindlesolutions.com)

[julie@rekindlesolutions.com](mailto:julie@rekindlesolutions.com)

***This webinar will include 6 hours of "live" CE and if you attend you will also have access to an additional 6 hours of online CE.***

### ***How To: Survive & Thrive in Veterinary Medicine***

- ◆ Managing Stress and Anxiety During the Pandemic
  - ◆ How to Stop Overing
- ◆ The Antidote for Compassion Fatigue
  - ◆ Compassion Fatigue Reboot
    - ◆ Radical Self Care
    - ◆ When Clients Bite...
  - ◆ Feelings... the Other F Word
    - ◆ Mindfulness
- ◆ How To Protect Your "Overly" Sensitive Heart
- ◆ How Being Judgemental of Self and Others... Harms Us
  - ◆ Creating & Enforcing Boundaries

# Vermont Veterinary Technician Association



## Julie Squires

**Continuing Education Webinar – November 15, 2020**  
**6 CE hours of “Live CE” and an additional 6 hours available online to attendees.**  
**Submitted for Veterinarian Continuing Ed Accreditation- Pending Approval**

Name \_\_\_\_\_

CVT LVT RVT Student /Specialty \_\_\_\_\_

Attendee Home/Work Number \_\_\_\_\_ Attendee Cell Phone \_\_\_\_\_

Attendee Personal E-mail \_\_\_\_\_

Practice Name \_\_\_\_\_

*Early Bird - Before November 1, 2020*

VVTA Member \$75 Non-VVTA Member \$85

*After November 2, 2020*

VVTA Member \$85 Non-VVTA Member \$95.00

\*\*\*\*\*REGISTRATION DEADLINE: November 14, 2020\*\*\*\*\*

### Refund Policy

**By October 20th – a full refund minus \$25.00 administration fee**

**After November 1st \$50.00 refund**

**NO REFUND GIVEN IF NO SHOW ON WEBINAR DAY**

**Mail registration or sign up online at [vtvettechs.org](http://vtvettechs.org)**

Make check payable to:

Vermont Veterinary Technician Association (VVTA)

VVTA c/o Elizabeth Richard

74 Upper Road Bridge Water Corners, VT 05035

Questions: Deb Glottmann 802-249-7227 [dglottmann1@gmail.com](mailto:dglottmann1@gmail.com)  
Elizabeth Richard 802-299-7292 [vvtacertification@gmail.com](mailto:vvtacertification@gmail.com)

**Meeting begins promptly at 9:00 AM**