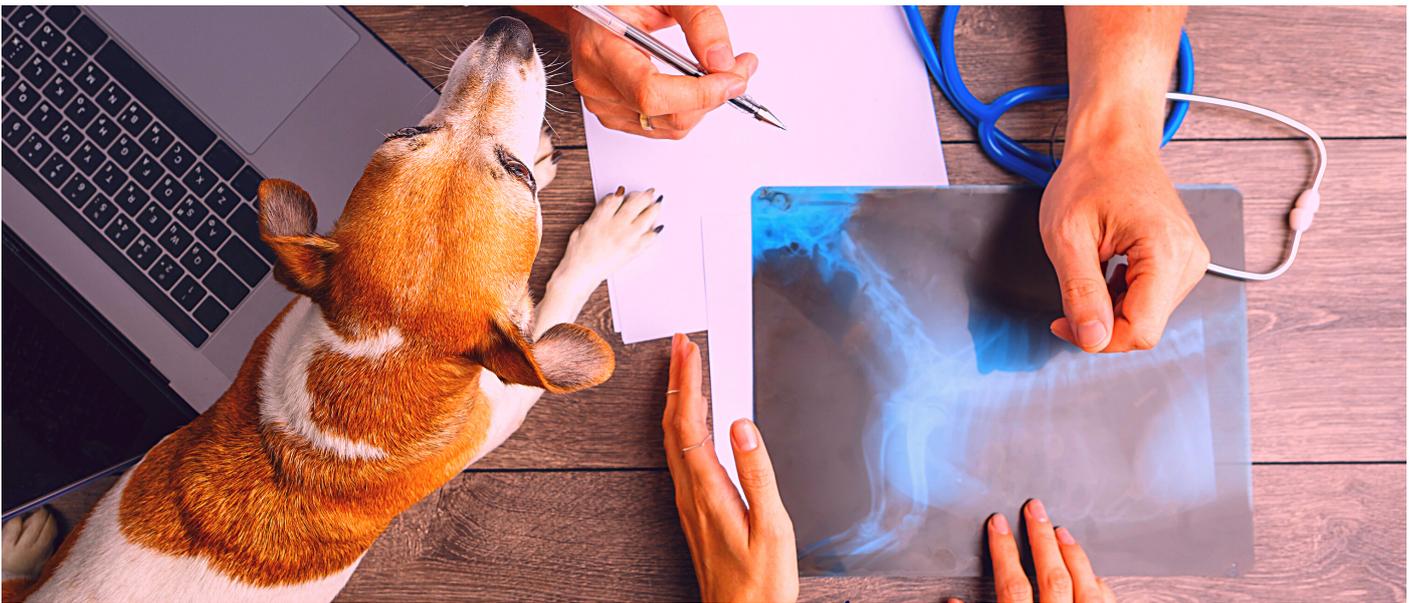


# Vet Empowered

12 week group life coaching programme for vet staff

with *Katie Ford & Claire Grigson*

*12 Week Transformational Group Coaching Programme for Vet Professionals*



## CONTENT OVERVIEW

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Self-Awareness  
Imposter Syndrome  
Self-Care  
Journalling Tools  
Mindfulness  
Self-Compassion  
Case Worry  
Clinical Confidence  
Decision Making  
Work-Life Balance  
Career Satisfaction  
Group Coaching

*Welcome to Vet Empowered*

with Katie Ford & Claire Grigson

Vet Empowered is a 12 week transformational life coaching programme aimed at veterinary professionals. It is run by experienced vets and coaches, Katie Ford and Claire Grigson. The aim of the programme is to raise self-awareness, self-compassion and provide valuable mindset tools that enable veterinary professionals to find more satisfaction and confidence in their job roles. We also address experiences such as imposterism, a known contributor to burnout in medical professions (Villwock, 2016). We integrate tools such as journalling and encourage self-reflection to provide tools moving forward, this modality has been showed to reduce depression scores (Stice et al, 2006) and anxiety (Hasanzadeh et al, 2012).

# ABOUT

Katie Ford BVSc CertAVP(SAM) MRCVS



Katie qualified as a Veterinary Surgeon in 2012, gaining her RCVS Certificate in Internal Medicine in 2016. She has worked in first opinion and emergency practice, having also trained as a clinical coach. Following her own struggles with imposterism, she trained as a coach, broadband consciousness trainer, in cognitive behaviour therapy and journal coaching. She speaks regularly, including giving the BVNA Keynote speech in 2020, BSAVA events, The Global Veterinary Career Summit, WellVet Virtual and NHS for Vets.

- Professional Diploma Cognitive Behaviour Therapy
- Coach (Broadband Consciousness)
- Diploma in Journal Coaching
- Mindfulness CBT Diploma (ongoing)

Claire Grigson BVM&S MRCVS ACCP

Claire has 14 years' of experience in first opinion and charity veterinary practice. She trained to become a certified and accredited life coach after being part of a life coaching group programme, and the experience completely helped her to transform her mindset and the relationship that she had with herself. Claire is due to speak at VTX Virtual in 2021, and is involved in corporate wellbeing ventures. She has recently qualified as a meditation teacher and leads these sessions in Vet Empowered.



- Certified and Accredited Life Coach - ACCP (Mindful Talent)
- Meditation and Breathwork teacher (Bodhi)

## FAQ: CPD Provision

*"The RCVS does not accredit or otherwise 'kitemark' activities designed and marketed by training providers as CPD, as it considers that members should identify and plan their CPD to meet their own individual skills and knowledge developmental needs as practising vets."* -

RCVS

[www.rcvs.org.uk/faqs/im-a-training-provider-how-do-i-get-a-course-accredited-by-the-rcvs](http://www.rcvs.org.uk/faqs/im-a-training-provider-how-do-i-get-a-course-accredited-by-the-rcvs)

The anticipated time required to complete this programme, including reflective tasks, is 27 hours. CPD can entail coaching and mentoring. Vet Empowered works on the individual skill sets that allow vets to care for themselves in practice, progress safely and look after their wellbeing long term. It is the responsibility of the vet or nurse themselves to log and reflect on tasks. Vet Empowered will issue a CPD certificate.

## Format

### 24 LIVE calls:

- 6 x 1 hour content delivery calls
- 6 x 90minute group coaching calls
- 12 x Co-working journaling and meditation sessions
- Each week will rotate between a coaching and content session, with a co-working session alongside.
- Ongoing Q&A and support on group WhatsApp.

**Total = 27hours**

## FAQ

### Is this for everyone?

As with any type of coaching, this has to suit the needs of the individual, and for us to ensure that it is the correct timing. Each enquiry received has a free discovery call to screen individuals and ensure it is the right thing for them.

### Is this clinically based?

As Katie and Claire are both experienced vets, they integrate clinical examples and scenarios, as well as covering common experiences in the profession, such as imposter syndrome, self-doubt and case worry.

### What if a session is missed?

All sessions are recorded and provided within 24hours to catch up. Co-working sessions are not recorded, but the prompts are made available the same day.

### How does this help in my career?

Self-doubt, imposterism, worry and underconfidence can stand in the way of veterinary professionals owning their achievements, being compassionate to themselves and enjoying their practice. This enables happier professionals, that are keen to look after and value themselves via improving self relationships.

### Is this just for vets?

No. This is for anyone in the veterinary profession; vets, nurses, receptionists, animal care assistants, practice managers and students.

# TESTIMONIALS

Here are just a handful of the amazing testimonials from previous waves.

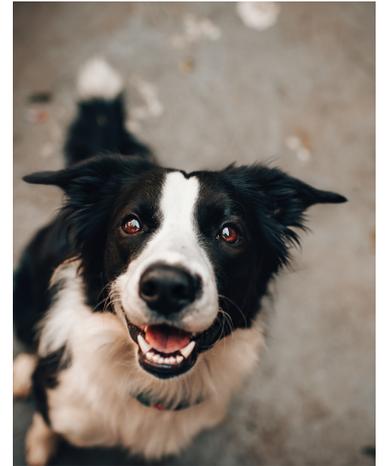


"I cannot recommend this course highly enough. It is truly the most relevant, enlightening, empowering, life changing experience. I suffered with imposter syndrome after returning to practice after my second maternity leave. I doubted myself, my capabilities which in turn caused so much chronic stress and fatigue.

Just when I thought I was done with the stress of clinical practice, I found a way to manage my life, my stress, my anguish, that sinking feeling on the way to work. I am now on a different path to finding what I truly want from life and learning about myself. I don't worry about the day to day stresses of clinical life or negativity from clients. It simply doesn't fill my thoughts and take over my life.

I implore anyone who is not enjoying clinical practice to do this course. It does exactly what it says on the tin. Empowering."

**Vet Empowered Graduate 2021 (MRCVS)**



"After completing the 12 week Vet Empowered course I cannot recommend it enough. The content that Katie and Claire have chosen to include within the programme and the manner in which it was presented was brilliant and truly life changing. The content has changed my perception and improved my entire life, it is not just applicable to within the veterinary context. Yet saying that it has given me the confidence and skills to return to practice (after leaving the profession 8 years ago due to stress) in a more mentally sustainable and healthy manner.

Katie and Claire are knowledgeable and convey the content in a manner that is easy to digest and fun, they bounce off each other beautifully and really know their stuff. They are very supportive and you really feel like they are invested in you and your personal journey.

The fact that the content was presented to us via a recorded zoom call was great for family life and I still listen to the recordings over and over, nothing else can boost my mood quite like a quick check in and mental reset from Katie and Claire.

I was sceptical about it being a group programme initially as I was worried I would get less out of it than a 1-1 programme, I couldn't have been more wrong. Not only was it lovely to get to know a great group of people, I learnt so much from them and what they were going through because as you will learn if you do the course we all have the same inner critic voice. The support and enthusiastic motivation over the group chat was (and still is) a fantastic way to really ensure that what we were learning was being embedded into our daily lives, and this was a huge reason that the programme was such a success for me."

**Vet Empowered Graduate 2021 MRCVS**

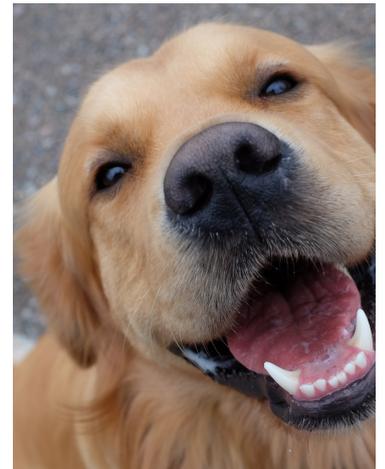
# TESTIMONIALS



"I was going to say this course changed my life, more accurately it has given me the skills and motivation to change my own life. I am calmer, more confident and excited about the future. It has helped me to feel more comfortable about my career, home and social life but most importantly I'm much, much happier in my own head. Using the techniques and tools Katie and Claire have shown us feels like only the start of a fun journey and I'm looking forward to continuing to develop them. It was so beneficial working in a group and I've met the most lovely and inspiring people in the process"

## Vet Empowered Graduate 2021 (RVN)

"This 12 weeks course with Katie and Claire just flew by! Two incredibly lovely coaches with such amazing insights and content, through small tweaks I have felt such a shift in my mindset and energy. The group members were also so inspiring and lovely to work with in the sessions. Definitely feel like I've invested in myself, learning the tools to continue this journey with self development."



## Vet Empowered Graduate 2021 (MRCVS)

"I decided to sign up to Vet Empowered because I was in my first year of qualifying as a veterinary nurse after 4 years of studying at university and I was constantly feeling anxious about work. I would go home and pick apart my day, anxious that I had or think I had made mistakes. I getting in a bad cycle or beating my self up over anything and everything. Now at the end of this 12 week program I have a whole new mindset that I really did not think possible. I am kinder to myself, understand the reasoning for my thoughts and now have the tools I need to control these thoughts, feelings and emotions. I now feel lighter and have a more positive outlook both at work and in my personal life. There will always be more work to do, but I never would have know the change was possible without Claire, Katie and my lovely group."

## Vet Empowered Graduate 2021 (Amy, RVN)

### **NEW:**

*By popular demand, ongoing support available for graduates with Katie & Claire.*

*Monthly sharing circles for group coaching, as well as weekly Sunday evening sessions.*

*Exclusive to Vet Empowered graduates.*

## INVESTMENT

The current investment for 3months' of support.  
27 hours of CPD and lifelong connection with your cohort.

£897