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NEWSLETTER AUGUST 2024



2024 marks a decade of NOMV's work to elevate wellbeing in the veterinary industry. Join us at our annual Mini-Conference and Gala to celebrate our progress and look to the future. The CE event will culminate in a dinner, awards presentation and screening of *The Weight They Carry*. For more, registration and sponsorship information, please [click here](#).



Early Career Veterinarians Group
 Wednesday, August 21st
 5:30pm PT / 8:30pm ET
 Facilitator:
 Dr. Anna Kreiter

VMHS

Veterinarians Group
 Tuesday, September 17th
 4pm PT / 7pm ET
 Facilitator:
 Dr. Amanda Weiss

Experienced Veterinarians Group
 Wednesday, October 2nd
 6pm PT / 9pm ET
 Facilitator:
 Dr. Jane Jenkins

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our calendar for specific dates. Sign up via email at vmhs@nomv.org.



ANNOUNCING! NOMV Volunteer Plaza

New & Existing Volunteers

Submit your volunteer application and supporting documents:

<https://nomv.my.site.com/volunteerplaza/s>

/

or click on the photo to the left.

Image by macrovector on Freepik

CLEAR Blueprint
Informational Sessions

August 12 & September 12

Email: clear@nomv.org



**At the forefront of mental health education:
Unveiling the Worldwide Vets THRIVE Course in Zimbabwe.**

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The charity Worldwide Vets has launched a 7 day educational retreat called THRIVE. The goal is to provide a fresh new approach to self-care and professional development. This cutting-edge course will run in February 2025 for the 3rd time. Designed for vets, nurses and technicians, UK and USA lecturers provide 20 hours of RACE accredited training, during a course that stands out not only for its content but also its breathtaking setting in the heart of Africa.

The journey begins in the awe-inspiring Victoria Falls, Zimbabwe. As participants step off the plane, they are immediately enveloped by the vibrant African landscape. The course hosts lectures entwined in nature, aboard a boat on the Zambezi River where hippo, elephant and crocodile can be spotted, in wildlife reserves, and at the iconic Victoria Falls waterfall itself. This environment fosters a deep connection with nature, providing a serene backdrop for tackling mental health topics.

Participants work through five core subjects. Personal strength recognition and development, setting goals for success, teamwork, stress management and preventing burnout. Lectures, activities, discussions and workshops deliver an immersive experience. The course teaching is laced with exhilarating experiences like safari drives, wildlife encounters, and even a canopy tour over the Victoria Falls gorge. These activities offer moments of awe and serve as metaphors for overcoming uncertainty and embracing new challenges. The course culminates in a reflective session overlooking the waterhole and a dinner under the African stars, leaving participants with a sense of accomplishment and renewed purpose.

The THRIVE course blends professional education and the majestic African wilderness, offering a transformative experience. By addressing mental health in such an intentional and immersive manner, Worldwide Vets is striving to pave the way for a healthier, more resilient veterinary community.

Tickets remain available for 9th to 15th February 2025

Discover more here:

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