

# Wellness Coaching for Veterinary Professionals



**Dr. Marie  
Holowaychuk**

DVM, Dipl. ACVECC, CYT

Dr. Marie Holowaychuk's mission is to improve the mental health and wellbeing of veterinary professionals around the world. By sharing her own lived experience, research-based recommendations, and tools tailored to individuals, Marie creates a coaching experience that allows veterinary care providers to accept and embrace the changes they need to make.

Marie has been coaching individuals for more than 5 years and is known for her compassion, authenticity, and practical advice. Listening to her coaching client's epiphanies or witnessing their ah-ha moments inspires Marie to continue supporting caregivers in the veterinary profession.

Marie successfully inspires veterinarians, technicians, and practice managers to take care of themselves so that they can continue to care for the pets and clients that need them.

### ***Who is a fit for Marie's one-on-one coaching sessions?***

- Veterinary professionals who are striving to improve their personal and professional wellbeing.

### ***What are the logistics of Marie's one-on-one coaching sessions?***

- Each session is one hour long and is done using video via Zoom.
- At least 3-6 coaching sessions are recommended, scheduled 2-8 weeks apart.

### ***What do Marie's one-on-one coaching sessions include?***

- Pre-session reflection exercises or tasks prior to each coaching session.
- Post-session reflection exercises, additional resources, or tasks after each coaching session.
- An email check-in between sessions to answer questions and offer support.

### ***What sorts of topics might be covered during Marie's one-on-one coaching sessions?***

- Marie's coaching sessions are highly individual and pertain to the needs and life circumstances of each person.
- Various topics and exercises that may be of benefit include those related to:
  - Core values
  - Life purpose
  - Creating a vision
  - Goal setting
  - Habit formation
  - Emotional agility
  - Limiting beliefs
  - Boundaries
  - Professional quality of life
  - Time management
  - Perfectionism and imposter syndrome
  - Mindfulness and meditation
  - Self-care

### ***How will I know if Marie's coaching sessions would be a good fit?***

- Marie always insists on starting with a 15-minute discovery call to discuss your current concerns and to ensure that coaching is the right fit. If Marie believes that counseling or another form of support might be more appropriate, she will make that recommendation

"I was considering leaving the profession before my sessions with Marie. Through her coaching, I gained the support I needed to make a major professional change which has improved my life outside of work tremendously. I am embracing living in the moment rather than just surviving each day. I am forever grateful and would recommend her to anyone."

**DVM, Ontario, Canada**

## What is the cost of the one-on-one coaching experience with Marie?

- \$750 CAD for 3 sessions\*
- \$1350 CAD for 6 sessions\*

\*Canadian residents are also charged 5% GST.

## How can I get started with Marie?

- Please schedule a **15-minute discovery** call to determine whether coaching with Marie is the right fit. If there is a mutual agreement to begin coaching, you will determine the number and frequency of sessions, and a contract will be signed. Once payment is received, the sessions will be scheduled.

## What else should I know about one-on-one coaching with Marie?

- Marie's one-on-one coaching sessions do not constitute medical, psychological, legal, financial, or counseling advice. If deemed appropriate, Marie may make recommendations for seeking advice from other professionals in these areas.

## What should I do if I have unanswered questions or concerns?

- Please feel welcome to email Marie anytime ([info@marieholowaychuk.com](mailto:info@marieholowaychuk.com)).

“Coaching sessions with Marie have been life-altering! She has helped me during a challenging time of transitions in my professional and personal life. The tools I've learned have resulted in clarity, fulfillment, and joy. I am so grateful for her kindness, understanding and insight and helping me see through the weeds that I didn't know were there!”

**DVM, MBA, Former Practice Owner**

**For more content related to veterinary wellbeing, please follow Marie on her social channels.**



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

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REVIVING VETERINARY MEDICINE

