

Staying in touch

**Level 2 Equine
Vet Nurse
Assistant
course
coming
soon!**



What's your focus like?

Do you ever feel that you have a lack of time that is holding you back? Do you feel that you have a lack of talent or ability, and this holds you back?

These are all concerns that we regularly hear from students at Abbeydale. But I would like you to ask yourself a question: How is your focus? Is it your focus that is holding you back.....?

Focus is something that is often overlooked, and a lack of focus will result in it taking longer to get things done. Your time will be sucked up and tasks will take you longer. It doesn't matter if you work 24/7, you still may not produce great results.

Poor focus = poor and slow work

A well-focused person will get more done in less time. To learn focus takes discipline. But, if you can learn to focus, you will have rewards for your efforts. One way to start developing focus is to identify your goal. If something does not contribute to your goal e.g., phone, TV, social media, it must be removed. Otherwise, your focus will be 'stolen'.

If your focus is spread between revising for an exam and your TV, Instagram, family etc. this will affect your ability to reach your goal. In the above example, your focus is split into four.

So, it is obvious that if you cut out just two distractors, then you would increase your focus and likely achieve earlier results. The more distractions you remove, the faster you will achieve your goal. Sometimes this focus may require you to make some sacrifices e.g., not attending a social event before an examination.

A poignant quote from S. Jefferies, 2023:
"It comes down to this ... the things you refuse to sacrifice will turn what is important to you into the sacrifice."



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But you must consider what you want to achieve and weigh it up against the level of sacrifice you are willing to make. This is your choice and only you can make this decision.

Perhaps a starting point to learn focus could be, when you are with your family BE with your family and not on your phone and when you are at work BE at work. This simple change will help you to make the best use of time and create experiences that otherwise could be missed.

In today's modern society, most people don't do this... when with friends, they are often messaging other friends, looking at Facebook or checking their emails, diving for their phone at any alert.

Developing focus and being 'present' is a win-win situation. Not only will your performance and productivity increase, but relationships will also improve, resulting in fulfillment and happiness.

Welcoming our new tutors!



Kirstie Sherman
DipAVN(Surgical) RVN LCGI

Kirstie qualified in 1999 and has been working in veterinary practice for over 25 years. During her career, she has worked in both general and specialist referral practice in clinical and leadership roles.

Kirstie is a Level 3 DipVN tutor.



Charlotte Prothero
RVN

Charlotte worked in a veterinary rehabilitation clinic before qualifying as a veterinary nurse in 2013. She has worked in an independent small animal practice since 2010.

Charlie is a Level 3 DipVN tutor.

Olivia Noad FdSc
RVN

Olivia qualified as an RVN in 2018 and works in a large first opinion veterinary practice as deputy head nurse and clinical coach. Olivia has a keen interest in exotic species, completing the Diploma in Veterinary Nursing of Zoological Species



Emily Crimmins
RVN (both Small animal and Equine Diploma)

Emily qualified as a Registered Veterinary Nurse in 2015 and started her career in a first opinion Equine Practice. She then moved to work in the Theatre and Diagnostic Department of a large Equine Hospital.

Emily is our Level 2 Veterinary Nurse Assistant tutor for small animal currently and will be working on our new Equine Level 2 course coming soon!





Abbeydale

VET NURSE TRAINING

Final date for 2023:

- **Wednesday 15th November**
6- 8 pm (online)

CLINICAL COACH STANDARDISATION EVENTS 2023

ANNUAL UPDATE FOR CLINICAL COACHES

To reserve your space visit our website www.vetnursetraining.co.uk

Level 2 Equine Veterinary Nurse Assistant

Our new course will be launched in 2024, this equine Veterinary Nursing Assistant Diploma will give learners the underpinning knowledge and basic nursing skills they need to support qualified veterinary nurses and veterinary surgeons in a clinical setting.

The Veterinary Nursing Assistant Diploma will be a part-time course taught over one year. It will include sessions at our training center in Monmouth, formal live webinar lessons every two weeks, and blended distance learning. As well as the formal teaching, these days allow you to access one-to-one support from our experienced tutors.

The course will be assessed by assignments, a practical skills log, and an exam.

For more information or to register your interest please just contact us.

