

# WHAT WE DO

Veterinary practice has its highs and lows. Over time the lows can beat us down, causing the confidence we once had to ebb away.

Career breaks, clinical or surgical mistakes, client complaints, and poor support can all exacerbate the problem.

Through our courses and training, we show veterinary professionals exactly how to decrease their anxiety, fear of failure, self-doubt, and overthinking.

Using a scientifically proven framework known as ACT, we help vets and nurses to increase their psychological flexibility, and confidence. In turn, this reduces the risk of burnout and poor mental health.

At **ACCess CPD** we combine our coaching and therapy experience with veterinary knowledge to produce high-quality, engaging **online courses** and **practice training**.

**We care deeply** about helping vets and nurses develop the skills they need for long, happy, healthy careers in practice.



# WHO WE ARE



**DR LOUISE LITTLER**  
BVSc MRCVS PgCert Coaching & Mentoring

Louise is a Level 7 CMI Certified leadership coach with a Postgraduate Certificate in coaching and mentoring.

Having been a veterinary surgeon for over 16 years Louise has extensive real-life practice experience as a former clinic manager and emergency and critical care vet.



**JO HOWARTH**  
BA(Hons) Psychology, DABCH, MCAHyp

Jo is an experienced wellness trainer and advanced hypnotherapist with a psychology degree and a diploma in mindfulness.

Jo is also the daughter of a veterinary surgeon and has been helping people to improve their mental health and outlook on life for many years.

**FIND OUT MORE**



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

## ONLINE COURSES



### GENERAL CONFIDENCE

**Suitable for all vets and nurses working in or out of practice.**

This course will show you how to regain your confidence, eliminate your self-doubt and effectively manage the stress and anxiety that is so prevalent in the veterinary profession.

### RETURN TO WORK

Suitable for vets and nurses currently on parental leave. Recent returners who are struggling to find their feet, and those who have been away from the workplace due to personal circumstances, or physical or mental health difficulties.



### SURGICAL CONFIDENCE



**Our most popular course.**

Have you doubted your ability to be a good vet because you hate your op days? If so, you are not alone.

If you are ready to make a change then this course will help you to reduce your surgical stress.

### LEADERSHIP CONFIDENCE

**Lead with confidence.**

Suitable for current and prospective veterinary leaders, vets, veterinary nurses, and dedicated practice managers who are looking to improve their leadership skills and increase their leadership confidence.

### GRADUATE CONFIDENCE

**Feel more comfortable in your new veterinary skin.**

Graduate Confidence online is an online course dedicated to helping recently graduated veterinary surgeons grow in confidence and thrive in veterinary practice.

