

 The College of Animal Welfare

CLINICAL COACH CONGRESS

For clinical coaches



EARLY BIRD

Book before

31 JANUARY 2020

for just

£249+VAT

Monday 16 - Tuesday 17 March 2020

**East of England Arena
and Events Centre**

Peterborough, PE2 6XE

Sponsored by



**MILLPLEDGE
VETERINARY**

Clinical Coach Congress Programme

Day One, Monday 16 March 2020

8.30am-9.30am	Registration & Exhibition
9.30am-9.35am	Chairman's Welcome - Karen Davidson CertEd RVN, Vice Principal - Quality, The College of Animal Welfare.
9.35am-10.15am	VN Futures – What does it mean to you? <i>Jill Macdonald, DipAVN (Surgical) RVN FHEA, Royal College for Veterinary Surgeons</i> The VN Futures project exists to address the challenges and exploit the many opportunities available to us in the Veterinary Nursing profession. From creating careers ambassadors to encourage school children to consider veterinary nursing as a career, to helping nurses play an active role in One Health, to emphasising the value of veterinary nurses to practice; the aims of the project stretch across many aspects of the profession. In this talk, the VN Futures Project Manager will provide an update on the activities of the initiative, highlight aspects of the project work that are relevant to you in your role as a Clinical Coach in guiding and informing others, and offer opportunity to become involved in the project.
10.15am-11am	Perfectionism: Healthy or Hurtful? <i>Ebony Escalona, BSc (Hons) BVSc MRCVS PhD AHE, Vets: Stay, Go or Diversify (VSGD)</i> In order to be the best coach possible for your students, you need to ensure you are looking after your own wellbeing - you cannot give what you do not have. Is your wellbeing often at the end of your to-do list? As a profession we are inbuilt to serve others, but this outpouring of empathy and ambition makes us vulnerable to damage by our work and can leave us with very little energy to look after number one. This in turn will leave you less available for your student. This session will review the current mental health state of our profession through research conducted on perfectionism, burnout and compassion fatigue and outlines strategies that can be employed to support our mental health, which will enable you to be more present and able to offer full support to your students. The science is out there as to the benefits of self-care from our productivity in practice to improved collaboration and decision making within teams, as well as greater job satisfaction.
11am-11.10am	Q&A Panel Present questions (anonymously if desired) to the morning's speakers for clarification and discussion
11.10am-11.40am	Morning Break & Exhibition
11.40am-12.30pm (inclusive of Q&A session)	Learning to Learn: Exam Revision Techniques, Motivation & Support <i>Catherine Rolfe, Grad Dip VN RVN AFHEA, Dick White Academy</i> Would you like to know how to best support your students of all learning styles, keep them motivated and look after their wellbeing around exam time without neglecting your own? This talk aims to explain: <ul style="list-style-type: none"> How we learn and how this information can be used to develop effective revision strategies How our minds function, in order to unlock shortcuts to motivate students to revise Simple, effective and achievable methods for promoting wellbeing
12.30pm-1.30pm	Lunch & Exhibition
1.30pm-3pm (inclusive of Q&A session)	Creating Simple Simulations to Support Students in Practice (workshop style session) <i>Catherine Rolfe, Grad Dip VN RVN AFHEA, Dick White Academy</i> This interactive and practical hands-on style workshop will show you how to bridge the gap between your students 'knowing how' to do a procedure and 'doing' that procedure on a patient, by first getting them to 'show you how' on low-fidelity models which you can make in practice. A range of opportunities for the use of simulations for skills covered by the NPL will be explored and by the end of the workshop you will be able to create a simple model for students to practice IV catheterization and blood sampling.
3pm-3.30pm	Afternoon Break & Exhibition
3.30pm-4.25pm (inclusive of Q&A session)	Life Learning – Growth Mindset and How to Change the World <i>Dr Libby Kemkaran-Thompson, MA Vet MB MRCVS, Kemkaran Consulting Ltd</i> What's holding us back? The Human Chimp follows set patterns to survive the modern world. How can we change those patterns to be more successful? This session explores simple changes you can make to your mindset to create huge change in the outcomes for the students you support. Growth Mindset and the neurology behind our limiting beliefs that directly affect our behaviours are the focus of this dive into 'Why People Do What They Do'
4.25pm-4.30pm	Chair's Close - Karen Davidson CertEd RVN, Vice Principal - Quality, The College of Animal Welfare.
4.30pm-6.30pm	Social Activity (TBC) & Exhibition

Clinical Coach Congress Programme

Day Two, Tuesday 17 March 2020

8.30am - 9.30am	Registration & Exhibition
9.30am - 9.35am	Chairman's Welcome - Karen Davidson CertEd RVN, Vice Principal - Quality, The College of Animal Welfare.
9.35am - 10.15am	Building Strong Coach & Student Relationships <i>Gemma Wheeldon, RVN, Abbeydale Vetlink</i> This presentation is designed to provide guidance for approaching your role as a Clinical Coach within practice with a new student. How to plan your first Clinical Coaching session with tips and considerations for making it a positive experience for both coach and learner. The importance of self-awareness and understanding of others will be discussed as each Coach and learner is different. The working and personal relationships between Coach and student are incredibly important so there will be a step by step for how to build trust and rapport with your student. We will finish with case examples of different scenarios to give you a variety of tools to deal with some of the challenges you may face. <ul style="list-style-type: none"> How to plan your first clinical coaching session Skills required for success How to build a positive relationship with your student Troubleshooting – case examples
10.15am - 11am	Time Management: How to Get that To-Do List Done! <i>Kirsty Sturman, Veterinary Defence Society Training Ltd</i> How do you feel at the end of the day – like you've made good progress with your tasks and goals or that you've ended up with more things on your to-do list than you started with? Do you feel fulfilled or frustrated with yourself or others? In this lecture you'll learn how to take control of both yourself and your time. You'll leave with tools that will enable you to plan your day more effectively, minimise interruptions and beat procrastination, enabling you to be more efficient and productive day-to-day.
11am - 11.10am	Q&A Panel Present questions (anonymously if desired) to the morning's speakers for clarification & discussion
11.10am - 11.40am	Morning Break & Exhibition
11.40am - 12.30pm (inclusive of Q&A session)	Keeping Your Batteries Charged <i>Dr Ian Tennant, PhD, Thrive & Enjoy Ltd</i> How can you feel more energised, joyful and available for your students even with a full workload? In this session on wellbeing for Coaches, Dr Tennant will cover: <ul style="list-style-type: none"> The essential checklist for maintaining balance and calm – both in and out of the workplace. How to spot signs of overwhelm in the students you are personally coaching The latest science of 'interoception' – the ability to sense what's going on in our body – and how it relates to maintaining a state of balance Tried and tested techniques managing stress
12.30pm - 1.30pm	Lunch & Exhibition
1.30pm - 3pm (inclusive of Q&A session)	OSCE's – Common pitfalls and how to avoid these <i>The College of Animal Welfare</i> This collaborative and practical session will have you looking at key OSCE stations to review the common pitfalls made by students and how you can work with your student to avoid these. Throughout this workshop you will have the opportunity to get involved and discuss ways in which you can help to prepare your students for success in these tasks and come away with useful tips and tricks to improve confidence.
3pm - 3.15pm	Afternoon Break (exhibition will clear down after lunch)
3.15pm-4.05pm (inclusive of Q&A session)	People, Horses or Dogs – We all Learn the Same <i>Anne-Marie Svendsen Aylott, MRCVS, PurpleCat Coaching Ltd</i> This interactive lecture looks at how behaviour science provides valuable insights into the way we can most successfully interact with others – both as a Coach and a Leader.
4.05pm - 4.15pm	Chair's Close - End of Congress - Karen Davidson CertEd RVN, Vice Principal - Quality, The College of Animal Welfare.
<div> <div>How to book...</div> <div>For details of prices and how to book your place, please see overleaf to complete and return the booking form. You can also book online at www.caw.ac.uk/ccf</div> </div>	

Please note the organisers have the right to change the programme at short notice and without notice

Clinical Coach Congress 2020

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Early Bird Rate (Bookings before 31 January 2020)

A: Day one £175+VAT

B: Day two £175+VAT

C: Both days £249 +VAT

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D: Day one £199+VAT

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