



Episode 17: 7 Rules for surviving veterinary science. Dr Gerardo and Dr Hubert discuss Oliver's rules.

Introduction

For this episode we're trying something new. We've had so many valuable insights from our guests that we thought it would be well worth it to review some of our favourite bits. Join us as we dig deeper into the topics that we think can make a big impact on your career.

In this episode we explore some important themes from Dr Oliver Liyou, our guest from episode 4. Oliver shared some hard-earned wisdom that can be career-, or even life-saving . If you missed

Oliver the first time, or if you need a refresher, please join us as we review Oliver's 7 rules for surviving veterinary science.

Shownotes

Oliver's tips for surviving the profession:

- 1) Be grateful – for everything – your health, your ability to work, your opportunity to do the profession you dreamt of as a kid, the fact you live in a first world country. Gratitude is an essential part of health, growth and wealth.
- 2) Give more than you receive – be as generous to others as you can be, as it feels good, makes you happier, healthier and it actually all comes back to you in the long run – sometimes in strange ways that you did not expect! But only give away items that you can afford to, whether they be time, money, effort, services. Don't burn out, because then you won't be able to serve others, and will be little use to anyone.
- 3) Learn as much as possible about being a high performer, because this is what leading veterinarians are! Being a high performer encompasses everything from health, energy, resilience, relationships, intelligence, wealth etc. It will lead to a happier, healthier, longer lasting, more successful, more rewarding, higher paying career than if you just use the skills and knowledge you got from your upbringing and university.
- 4) Do goal setting each year, and review them daily, weekly, monthly! Many studies have shown they make a huge difference in long term outcomes. But make the goals in all aspect of your life – your health, your relationships, your career, your finances, your spirituality, your hobbies and fun things. But remember to review your goals, and if they are not working, try something else or another technique etc.



5) Treat your life and career like a plane trip from Sydney to Los Angeles. The external forces such as winds, storms, other planes may force you off course for up to 95 % of the journey, but so long as you get back on course, you will get there in the end, happy, fulfilled and proud.

6) Learn techniques for finding out what you really want in life. It may come down to going right back to the emotions and feeling that make you feel good. If you prefer to be safe and secure, don't choose a career path that is dangerous, risky, and no real job description. Once you know what you want, find good role models who you can learn from so you are not having to reinvent the wheel. Learn from them!

7) Learn to embrace failure, as you probably haven't experienced too much of it in your young life yet? Live by the sayings like, "Success is due to good judgement, good judgement is due to

experience, and experience is due to..... bad judgement!!!" 😊

Awareness, by Anthony De Mello: <https://www.penguinrandomhouse.com/books/39365/>

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