



EPISODE Six: Paula Parker

Introduction

For this episode we are fortunate to have with us a young vet who is contributing more to the veterinary profession in her relatively short career than many of us will do in a lifetime. Dr Paula Parker was the president of the Australian Veterinary Association for 2018/19, and is the youngest person ever to be elected to this position. When she is not leading the team that makes major policy decisions and guides the future of our our profession both in Australia and internationally she works as an emergency vet in a practice in the Gold Coast, Australia.

Our chat with Paula unearthed some very practical tips and tools for every day life as a vet.

I personally found the discussions about productivity, mental resetting and transitioning, and how to get past no especially useful. We also cover a wide range of other topics, like the pros and cons of rural practice, how to deal with being the 'new vet', especially the new 'girl' vet in a farm practice environment, controlling the controllables, the value of serving on committees and other organisations, and about vomiting for fun... Paula addresses a huge issue for many people in our profession: money - how to think about it, how to talk about it, and how to make it.

We trust that you'll find this conversation as inspiring as we did.

Show Notes:

Australian Veterinary Association - <https://www.ava.com.au>

Act Belong Commit website for tips on how to get involved in your local community - <https://www.actbelongcommit.org.au>

Love Is Blind campaign - <https://www.loveisblind.org.au>

Paula's book choices:

"The Four Tendencies" by Gretchen Rubin <https://gretchenrubin.com/book/the-four-tendencies/>

"Drive" by Daniel Pink <https://www.danpink.com/drive./>

"Daring Greatly" by Brené Brown. <https://www.amazon.com/Daring-Greatly-Courage-VulnerableTransforms/dp/1592408419>



Smash It

Do you do any group activities outside of work? If you don't - look for an activity locally that resonates with you and sign up for a few sessions. Whether it's an exercise class, sport, artistic endeavour or cultural activity - anything to get you involved locally and meet with people outside of your work environment. Commit to at least 5 sessions - it's like that you'll feel awkward the first few times and be tempted to never come back, so make sure you give it a proper go.

Think about how you transition between activities: between consults, between surgery and consulting, between work and home. Do you have a routine that helps you transition? if you don't - make something up: a habit, a thought, even dancing a little jig, that you can use as a trigger to help your brain make the transition. Make it your own little quirk - everyone has their unique bit of crazy: this could be yours!

Before you go to bed at night, write down the first few things that you want to achieve tomorrow in your daily planner. Do this for a week and see if it helps you to be more productive.

Write this down somewhere where you'll see it often: "I'm diligent and competent, not quick and cheap." "I'm diligent and competent, not quick and cheap." Remember this next time someone accuses you of being expensive or 'just being in it for the money'. And then remember to be diligent and competent!

Take a few minutes at work every now and then to think like a client of your clinic: is there anything that YOU or the team can do to make your workplace more efficient and profitable? Something that can make the practice more profitable, so that you all can get paid more. Talk to your boss about it, tell him why you'd like to do it and how you think you should be rewarded if it works, then make it happen.

And that's finally all from us for today. We hope you have an inspiring week where you get to make a difference to someone, even if it is just once.

And don't forget to give us a rating on the itunes store, especially if it's a good one. And if you liked our conversation with Paula please tell three of your friends to listen too.

Now go smash it.