



### **EPISODE FOUR: Oliver Liyou**

Links about Oliver and what he does:

<https://evds.net.au>

<http://portasafestocks.com>

<https://evds.vet>

<http://toothfest.com>

### **Oliver's answer on what has changed in the veterinary industry in the time since he qualified:**

When I graduated, it was approx 50:50 females to males, now it is 90:10. When I graduated, vets were respected and trusted members of society, but it seems we have been losing that value to some extent? Mr and Mrs General Public still think that vets are all rich, despite the fact that vets are now amongst the most poorly paid of the professions, despite it still be a very challenging course and career.

### **One of the things I suspect has played a part in the shortage of experienced vets and where they have gone?**

Possible answers:

- 1) Left the profession
- 2) Only offering their skills as locums – asking \$50-70/hr which is hard to secure in perm part time employment?
- 3) Set up their own business – either as a mobile clinic, or as a new start up bricks and mortar clinic, or bought a clinic? Maybe when this happens, it dilutes the “quality of the support networks” in clinics, as there are less of the experienced and supportive vets for the younger vets- who then are reluctant to join these small practices.

### **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!!!" ☺

#### **Cognitive behaviour therapy:**

<https://www.healthdirect.gov.au/cognitive-behaviour-therapy-cbt>

[https://www.huffingtonpost.com.au/2017/09/21/what-is-cognitive-behaviour-therapy-and-how-can-it-improve-mental-health\\_a\\_23217187/](https://www.huffingtonpost.com.au/2017/09/21/what-is-cognitive-behaviour-therapy-and-how-can-it-improve-mental-health_a_23217187/)

#### **Oliver's book choices:**

The 7 Habits of Highly Effective People - Stephen Covey

<https://www.franklincovey.com/the-7-habits.html>

7 habits cheat sheet:

<https://www.forbes.com/sites/ericjackson/2012/07/24/the-only-thing-you-need-to-remember-about-the-seven-habits-of-highly-effective-people/#75ce902467f7>

High Performance Habits - Brendan Burchard: <https://brendon.com/blog/high-performancehabits/>



Unshakeable - Tony Robbins: <https://www.unshakeable.com>

The 5 Love Languages - Gary Chapman: <https://www.5lovelanguages.com>

The Barefoot Investor - Scott Pape: <https://barefootinvestor.com>

The Industries Of The Future - Alec Ross:  
<https://www.amazon.com.au/Industries-Future-AlecRoss-ebook/dp/B00UDCNJYO>

**Mindfulness tools that we love:**

Gerardo's favorite - <https://www.headspace.com>

Hubert's favorite - <https://wakingup.com>

Good podcast on mindfulness and gratefulness:  
<https://tim.blog/2015/11/29/magic-of-mindfulness/>

The Five Minute Journal: <https://www.intelligentchange.com/products/the-five-minute-journal>