



Episode no. Two: Louisa Graham

Mentoring Programmes:

Australia: <https://www.ava.com.au/mentoring>

United Kingdom: <https://www.bsava.com/Membership/NEW-Mentorship-programme>

United States & Canada: <http://csu-cvmb.colostate.edu/dvm-program/Pages/dvm-mentorship-program.aspx>

<https://www.canadianveterinarians.net/practice-economics/cvma-mentoring-program>

<https://www.vetmed.umn.edu/alumni/mentor-program>

More about having a growth mindset: <https://fs.blog/2015/03/carol-dweck-mindset/>

Royal Veterinary College Day One Skills: http://www.live.ac.uk/Media/LIVE/PDFs/day_one_handbook.pdf

Year One Skills: <https://www.rcvs.org.uk/document-library/yearone-competences-and-guidance-for-veterinary-surgeons-draft/>

Avoiding the 'comparison trap': Compare yourself to who you were yesterday, not to who someone else is today:

https://www.youtube.com/watch?v=cz2tYGt0_As

Louisa's volunteering adventures: Tree of Life - India <https://tolfa.org.uk>

N/a'an ku sê Wildlife Sanctuary Namibia: https://naankuse.com/wp-content/uploads/2018/09/01_Naankuse-Foundation-Volunteer-Overview_2017-2018.pdf

Friends of Asian elephant - No longer operational

Louisa's Book Recommendations:

The Tattooist of Auschwitz http://thetattooistofauschwitz.com/ie=UTF8&page=1&rh=n%3A266239%2Cp_27%3AHenry%20Marsh

This Is Going To Hurt, Adam Kay: <http://www.thisisgoingtohurt.co.uk>

Do no harm, and Admissions by Henry Marsh: <https://www.amazon.co.uk/Books-Henry-Marsh/s?>