



North of Ireland Veterinary Association & Young Vet Network NI

## Spring Evening meeting

# Coping and Thriving in Life in spite of modern day stresses with Dr Des Rice



Find out how to help yourself, your employees, your kids or grandkids to cope, indeed to thrive, despite the stresses of modern day life

**Thursday 3rd May  
Seagoe Hotel, 7.15pm**

Statistics say that at least one person in your workplace (be it public or private sector), your family and your social circle is suffering from severe stress.

In this presentation you will learn five useful skills to help yourself and others cope.

**Dr Rice's presentation will be beneficial to ALL.**

**NIVA members are encouraged to invite their colleagues & family members.**

**Please also consider the overall benefit to your practice/workplace team and bring nurses, receptionists etc. along as your guests.**

- 7.15pm Tea/Coffee and scones served
- 7.30pm NIVA Business meeting - NIVA Members only
- 7.50pm Main presentation - Open to all

**Please register names of those planning to attend  
by calling VetNI on 028 25898543 or e-mailing [info@vetni.co.uk](mailto:info@vetni.co.uk)**

### Registration:

NIVA members: Free

Vet non-members: £30

All others (nurses, spouses, support staff, non-vet colleagues): £5 - a small price to pay for a happy team!

NIVA thanks our sponsors for their support for this event and profession



# Coping and Thriving in Life in spite of modern day stresses

At least one person in your workplace, be it public or private sector, your family, and your social circle is suffering from severe stress! We know this because one in four people are seriously stressed at any point in time. This means they are possibly anxious, angry (frustrated), confused, distressed or depressed. This may just show up as decreased motivation, poor performance, increased sick-leave, losing good staff, or worse!

When one person is like this, others in the family, or your work team or your practice suffer as well. This happens because they now have more to do, they don't know how to "fix things" and so they can become frustrated, stressed and less productive themselves.

This issue isn't going to go away in our modern society where there are many stressors. We need to learn how to manage these and how to cope. There is a duty of care for all of us, employers, team leaders, team members, parents, and members of social groups, to use tools that help ourselves and others to cope better.

The Vet Support (NI) Team responded to this need by being trained with a variety of supportive measures including coping skills, reflective listening, goal setting and other coaching techniques.

Des Rice will teach five useful skills to help yourself and others cope. You will learn how your Vet Support (NI) colleagues are supporting members of the wider profession and hear how they can help you to support yourself, your team and your family.

## Dr Des Rice

For the first 15 years of his career Des worked as a veterinary surgeon in farm-animal practice in Ireland, then on a UK aid programme as a consultant to the government of El Salvador, and then in veterinary research in Belfast, where he received a PhD in Nutrition and published over 100 scientific articles.

Des is now a partner in the Coaching business CCO, an acronym for Creating Collaborative Organisations. He coaches individual Executives and teams to become the best that they can be, using a set of well-proven tools encapsulated in their High-Performance Organisation (HPO) model. Using this model, he gives clients tools to modify attitudes and behaviours that cause unworkability and underperformance for themselves their team and the business. They help clients deal with aggression, poor and/or imposed goal setting, poor time management, inability to listen reflectively, unworkability in teams and much more. Frequently this involves helping individuals deal with stress, overwhelm, anger, anxiety, panic, depression and even suicide.

Prior to setting up CCO Des had a very successful career for 20 years as a partner and director of two successful agribusiness companies. In these he consulted to businesses mostly in Ireland but also in the UK, middle East, Japan and South America. During this time, he also served on several UK trade and government committees, including the Food Standards Agency set up post BSE. He received an OBE in 2004 for services to the Agri-food industry and in 2017 received an Alumni award from UCD in recognition of his contribution to agriculture and veterinary science in Ireland and El Salvador.

He sold the businesses in 2004 to Associated British Foods and retrained as an Executive Coach and Human Givens psychotherapist as his interest now lies in helping people rather than livestock to grow & develop.



Confidential support for the profession in NI

**Listening, supporting and signposting**

Vet Support NI is committed to the emotional wellbeing of all members of the veterinary community in the North of Ireland

<http://www.vetsupportni.co.uk/>