



Saturday 11th October 2025 | Pattingham 1 | 13:45-14:45

Speaker: Laura Hughes RVN C&G Cert SAN

Title: Building resilience within veterinary practice



Laura is the Veterinary Nurse Development Manager at Purina PetCare. She qualified as a veterinary nurse in 2002 and worked across first opinion, referral, and rescue centre practices before joining Purina. Since then, she has worked in various roles across the Purina business. Her current role supports veterinary nurses in practice and technical training for the Purina Veterinary Nutrition Partners. Laura aims to further develop awareness of Purina's research, inspire more people to be passionate about nutrition, and prioritise personal mental health.

Synopsis:

This session is not a quick-fix workshop or a one-size-fits-all solution. It does not promise instant results or imply that resilience is solely about enduring hardship without an emotional response. Instead, it acknowledges that resilience is a dynamic process that varies for everyone.

What is personal resilience? This session is an interactive exploration of personal resilience—defined as the ability to adapt and bounce back from adversity, stress, and challenges. Participants will learn how resilience can fluctuate daily based on circumstances, mindset, and emotional health. The focus will be on understanding the concept of resilience, its importance in personal and professional life, and its transformative potential.

Strategies to build resilience: The session will provide practical strategies to enhance resilience, including:

- Developing a positive mindset
- Building strong social connections
- Practicing self-care and stress management techniques
- Setting realistic goals and expectations

Participants will be encouraged to select one specific strategy that resonates with them and commit to working on it after the session.

What Does Success Look Like? Success in this session is defined by participants leaving with a clear understanding of personal resilience and a personalised action plan. They will have identified one actionable step to enhance their resilience, fostering a sense of empowerment and readiness to face challenges. Ultimately, participant's ability to recognise and apply resilience strategies daily will lead to improved emotional well-being and adaptability.



Learning Objectives:

1. Identify what personal resilience is?
2. Evaluate strategies to build resilience
3. Identify what success looks like?