

Wellness Retreat Costa Rica

Feb 16-22, 2025

For independent veterinary practice owners

Facilitated by Dr. Marie Holowaychuk

Hosted by Pura Vida Veterinary Wellness



Pura Vida Veterinary Wellness
Practice differently, practice well

Independent practice owners are bearing the brunt of the workplace challenges when it comes to balancing the cost of business and staff salaries, client demands and team wellbeing, and their own work and life stressors.

Research shows that practice owners experience lower rates of burnout and higher rates of compassion satisfaction compared to practice associates; however, the exhaustion and overwhelm that accompany practice ownership can lead some to question its benefits.

This 7-day extraordinary experience is designed to restore, rejuvenate, and inspire independent practice owners to continue the work of leading their teams and caring for themselves, because personal wellbeing is at the core of building thriving teams and providing exceptional veterinary care.

What Attendees Can Expect

Through the support of a trained facilitator and coach, as well as other wellness facilitators and guides, attendees will gain information and perspectives on improving their wellbeing and leadership skills, as well as the satisfaction and retention of their team members. Approximately 4 hours per day will be spent engaging in experiential learning and workshop-style activities with the remaining time allocated to excursions, adventures, self-care, and free time.



What Is Included:

- Exquisite accommodations (7 days, 6 nights) in shared or private jungle rooms with wifi, air conditioning, and pool on premises
- Healthy meals
- Travel to / from excursions
- Activities including tours
- Daily yoga and meditation by certified instructor
- 20.0 hours of CE credit in jurisdictions that recognize RACE
- Taxes and gratuities

What You Will Learn:

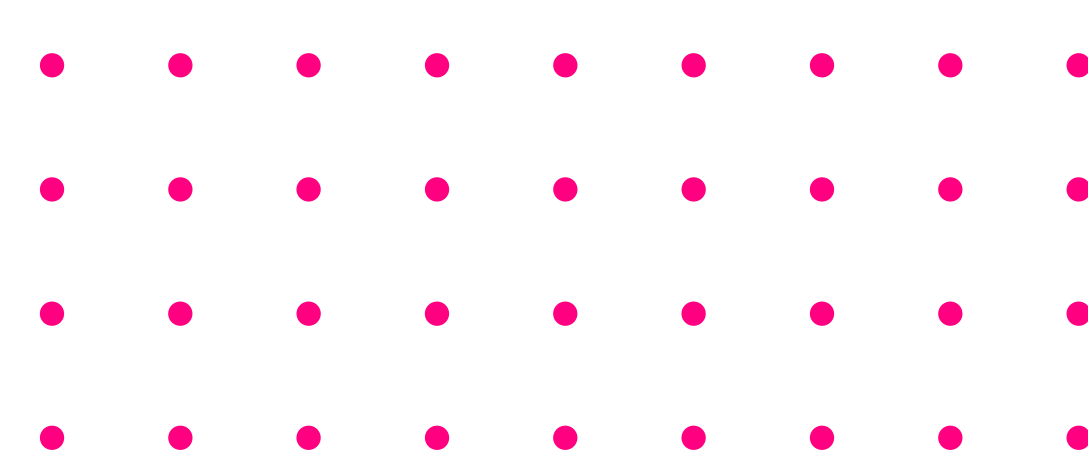
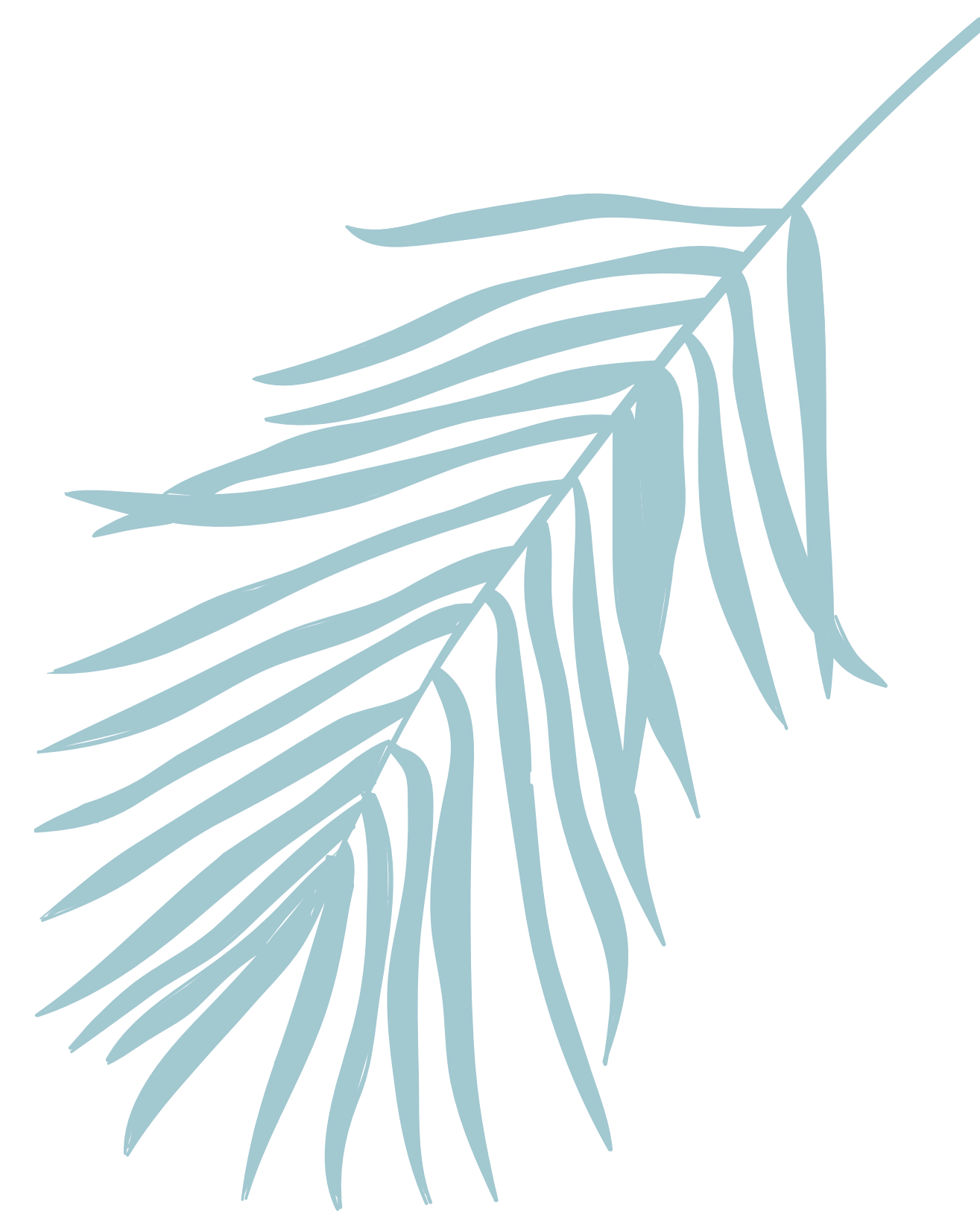
Attendees will learn how to:

- attract and retain team members
- support the mental health and wellbeing of team members
- balance work and life as a busy business owner
- practice emotional agility during challenging times
- resolve conflict and have courageous conversations in the workplace
- cultivate psychologically safe leadership
- promote positive behaviors and attitudes among team members
- maintain a healthy work environment

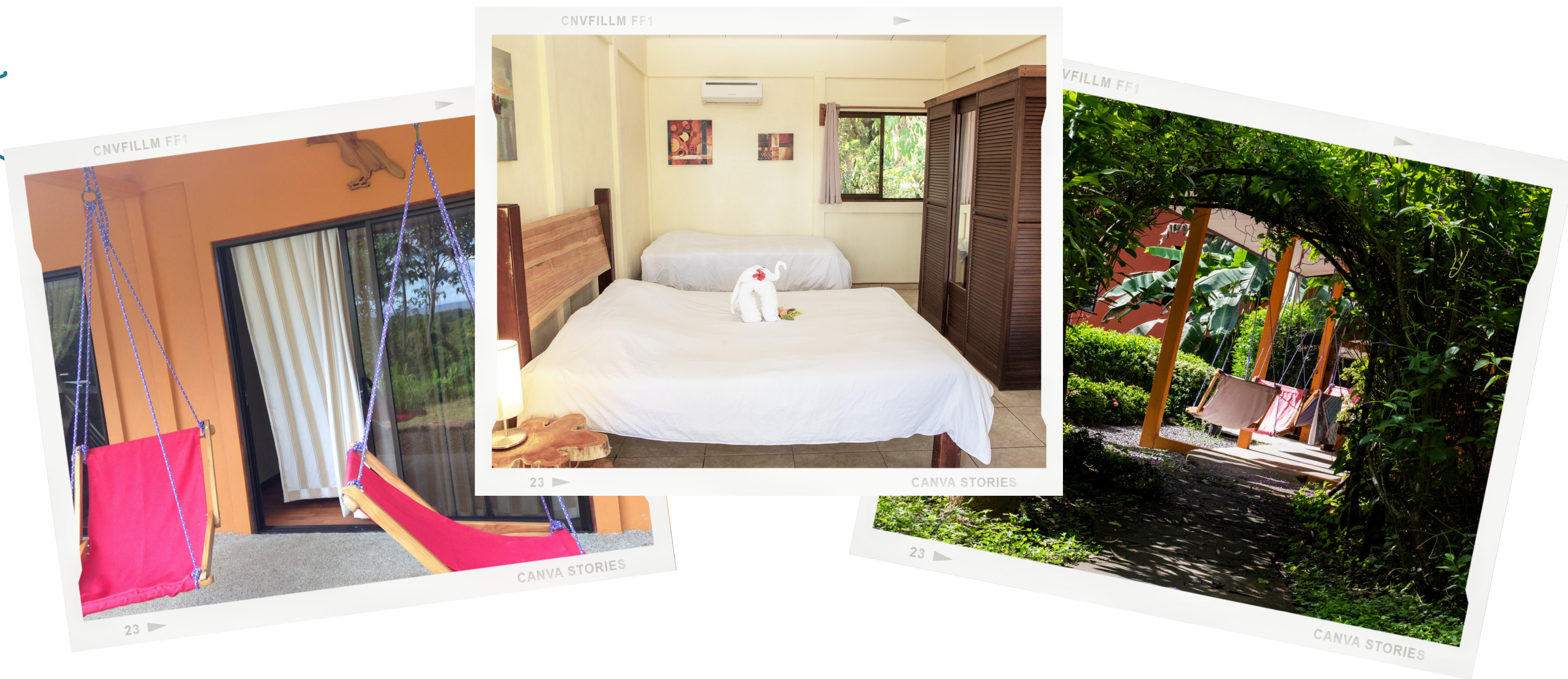


Investment (USD):

- **Superior Room:** \$4,997 per person (\$4,497 when shared with another attendee)



- **Deluxe Room:** \$4,497 per person (\$3,997 when shared with another attendee)



- Non-veterinarian guests including family and friends are encouraged to attend and take advantage of the accommodations, meals, and activities for \$1,097 per person (limit 3 additional people per CE-attending guest)

What Is Not Included:

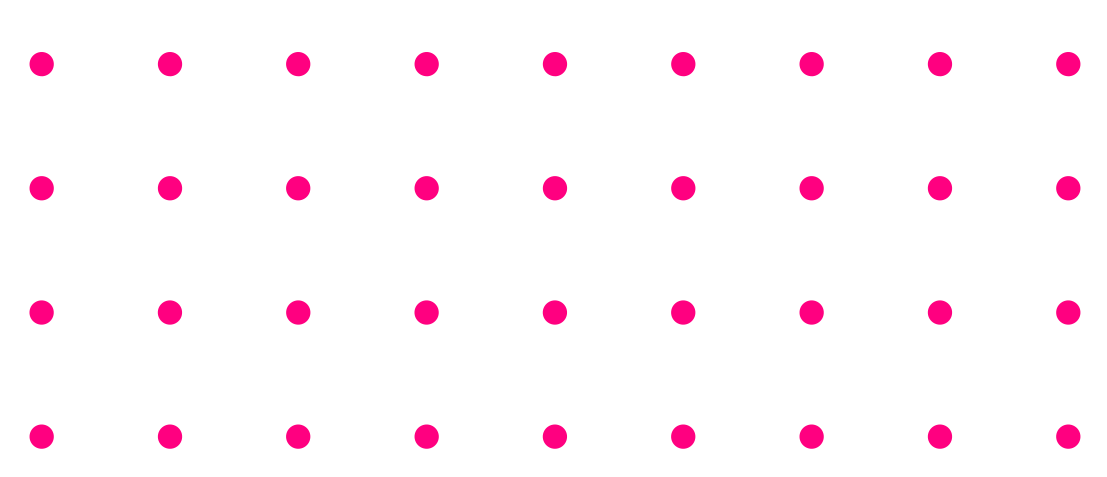
- Airfare
- Travel to and from the airport
- Select excursions or adventures not included in the retreat itinerary
- Alcoholic beverages (available for additional cost)

About the Facilitator:

Dr. Marie Holowaychuk grew up in a household with two veterinarian parents and spent most of her childhood working in her mom's companion animal practice. Her mom owned and worked in her practice for more than four decades and demonstrated her unwavering dedication for her patients, their families, and her team.

Marie has seen the resilience, passion, and challenges that define independent practice ownership and is passionate about supporting owners on their journey for bettering the veterinary profession without sacrificing their health and wellbeing.





Marie is a board-certified small animal emergency and critical care specialist, as well as a certified coach, yoga and meditation teacher, facilitator, and keynote speaker. She dedicates her time and energy to sharing evidence-based information regarding mental health and wellbeing. In doing so, she inspires veterinarians to make lasting changes in their lives.

With more than 20 years of veterinary practice experience in academic, private, and corporate settings, Marie has led workshops and lectures and delivered keynotes to a range of audiences in Canada, the United States, and worldwide. She also offers communication and wellness coaching to veterinary professionals virtually.



Her training includes Compassion Fatigue Training from the University of Tennessee School of Veterinary Social Work, Applied Suicide Intervention Skills Training from the Centre for Suicide Prevention, Mental Health First Aid Training and The Working Mind for Managers Training from the Mental Health Commission of Canada, and Train-the-Trainer Wellbeing Training from the American Veterinary Medical Association.

For more information about Marie and her offerings, please visit:

<https://marieholowaychuk.com/>

About the Host:

At the heart of Pura Vida Veterinary Wellness is our host Dr. Galina Bershteyn, a veterinarian with 20+ years experience in the industry, in many roles and various types of practices and clinical settings. Through her own personal journey of burnout in the profession as an associate and practice owner, Dr. Galina is now focused on healing through community and contributing to the global community.



She has partnered with Wildsun Wildlife Rescue to offer wellbeing retreats for veterinary professionals that contribute to the One Health initiative whereby 50% of the proceeds go directly to conservation and rescue projects for local animals. Pura Vida is Costa Rican for “pure or simple life” and this philosophy is the foundation of this unique jungle oasis Dr. Galina and Wildsun want to share. For more information about Dr. Galina and her other offerings, please visit puravidavetwellness.com.