

Work-Life Integration Starts Here

Creating harmony between one's personal life and career is a crucial aspect of any caregiving profession, and the equine veterinary field is no exception. However, the specifics of this integration can vary greatly depending on individual preferences and circumstances. Understanding these differences can help equine practices to appreciate the diverse ways in which individuals in this profession achieve a healthy equilibrium between their personal and professional lives.

For many equine veterinarians, integrating their professional requirements with their core values is an important part of maintaining a healthy work-life balance. This will help to ensure that their professional pursuits are in harmony with their personal goals and aspirations. By doing so, they can find fulfillment not only in their careers but also in other areas that hold significance to them.

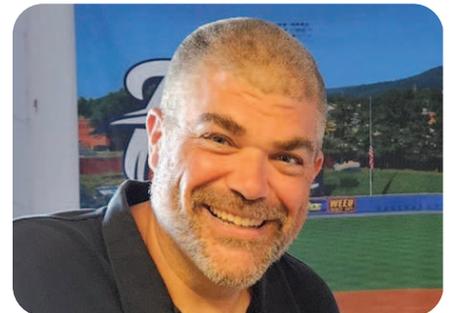


Give Autonomy

Employees who have control over their daily schedules are more likely to be satisfied with their jobs and engaged in their work. Giving veterinarians and staff more control over how they structure their day-to-day activities will allow them to allocate time efficiently between professional obligations and personal commitments. This autonomy empowers them to create a schedule that suits their individual needs and preferences. **Dr. Rachel Hosier** feels these benefits profoundly. She says that “having autonomy over my schedule allows me to arrange my days in a way that makes the most sense for my life. I am able to make room for personal commitments, decide when I have the capacity to handle a larger workload, and know where I have room to flex. Having this control helps me keep my life balanced, even when things are busy.”

Set Boundaries

Communication boundaries play a significant role in achieving work-life balance for equine veterinarians. Some may prefer to establish clear boundaries between their personal and professional lives by limiting after-hours communication with clients or colleagues. This allows them to have dedicated time for personal activities without constant interruptions from work-related matters. **Dr. Travis Boston** adds, “By having all communication flow through the office, especially with buy-in from all of our veterinarians, has reduced our mental load substantially. It allows us to truly rest and resent when we are neither working nor on call, making us much more comfortable and efficient doctors when we return to work.”



Allow Unique Schedule Options

Alternative work schedules are another consideration when it comes to achieving a healthy work-life balance. Some equine veterinarians may opt for flexible or part-time schedules that allow them to allocate time for personal commitments or pursue other interests outside of their profession. This flexibility enables them to strike a better equilibrium between their professional responsibilities and personal life. “Working two days per week in equine medicine has allowed me increased flexibility for time with my family and other career endeavors. I still feel I can build strong relationships with clients and coworkers,” shares **Dr. Kristy Moding**.

The blur between personal and professional life creates a challenge for many professionals, but few professions can compare with the pressures faced by equine veterinary teams. At the heart of the challenge is our profession's deep, emotional connection to our patients and to our clients. While achieving integration between veterinary medicine and their personal life looks different for all equine veterinarians, the need to have space away from work is universal. By understanding and respecting these differences, equine veterinary practices can strive for improved overall well-being.

When team members are fulfilled in all aspects of their lives, they will become more engaged employees, which will undoubtedly benefit the entire organization.