

INVITATION TO A LIVE WEBCAST



Fostering positive team dynamics: Eliminating venting, gossip, and toxic communication

December 10, 2025, at 12 p.m. (EST)

9:00 10:00 11:00 12:00 1:00 1:30
BC (PST) AB (MST) SK/MB (CST) ON/QC (EST) PE/NB/NS (AST) NL (NST)



Venting, gossip, and toxic communication are common challenges in veterinary teams that can erode trust, fuel negativity, and undermine morale.

In this webcast, **Dr. Marie Holowaychuk** will explore how these behaviours impact team wellbeing and performance, backed by research that highlights their detrimental effects. She will also share practical strategies to address and prevent toxic communication, empowering veterinary professionals to create a more cohesive and supportive work environment.

Join us to learn how to foster healthier communication through team agreements, align communication with shared values, and build a culture of trust and respect.



Marie Holowaychuk

DVM, Dipl. ACVECC

Dr. Marie Holowaychuk is a veterinarian and board-certified emergency and critical care specialist dedicated to promoting mental health and wellbeing in the veterinary profession. With over 20 years of practice experience, she founded Reviving Veterinary Medicine to address burnout and enhance wellness through evidence-based resources and programs such as *From Burnout to Balance* and *From Toxic to Terrific*. A certified coach, yoga teacher, and dynamic speaker, Dr. Marie delivers workshops and keynotes globally. She is the author of *A Compassionate Calling: What It Really Means to Be a Veterinarian* and hosts the Reviving Vet Med podcast, all aimed at fostering sustainable veterinary careers.

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