



# The Burnout Reset for Vet Techs

For RVT's who feel emotionally exhausted, overwhelmed & depleted – but who still care deeply about their work & want sustainable tools to stay in the profession (without losing themselves!)

## Program Structure

- 4 month live online group
- 90 min sessions
- meet twice per month
- limited spaces to keep it intimate & safe

Hosted on zoom

Investment for the 4 month program (including session replays)

\$500

By the end of 4 months, participants will have:

- Practical tools to manage emotional exhaustion & stress
- Clearer boundaries at work (and at home)
- A stronger sense of agency & self-trust
- Language to advocate for their needs
- A supportive community that gets it!

\*This program is educational and supportive in nature and is not a substitute for therapy, medical care, or mental health treatment.\*

Spaces are limited!  
Apply here:



The Burnout Reset  
for Veterinary Technicians



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