



from EXPERIENCE

...advice to my younger RVT self

A collection of
inspirational quotes from
Registered Veterinary
Technologists and Technicians.



RVTTC
TTVAC



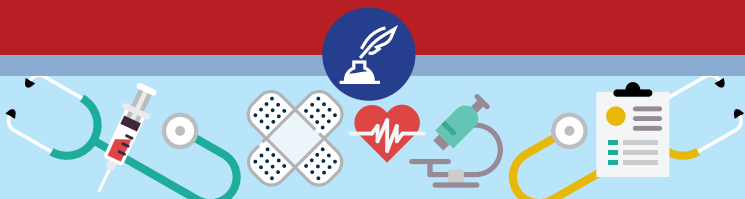
Table of Contents



Accept Help & Communicate . . .	2
Assertion	4
Be Brave	6
Self Confidence	8
Learning is Everywhere	11
Patience	14
Perseverance	17
Self-Discovery	19
Take Care of Yourself	21
Technical Tips	23
Work-Life Balance	25



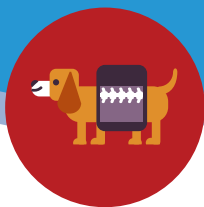
Thank you for your sponsorship
of this RVT mentor publication.



Lessons from Experience

Accept Help & Communicate

Remember, you are not expected to know everything or to be able to do everything right off the bat. The road to becoming an RVT is not always straight or smooth. Asking questions and accepting help offered will help you smooth and straighten that road.



Ask for help.

Tell others when you're not in a good headspace for work. Communicate with your team.

Abigail, RVT



Accept Help & Communicate

*No question
is ever a stupid question.*

Even if you've asked it
28373728 times before.

Theresa, RVT

*Don't knock a maternity
leave position;*

they can turn into a full time career.

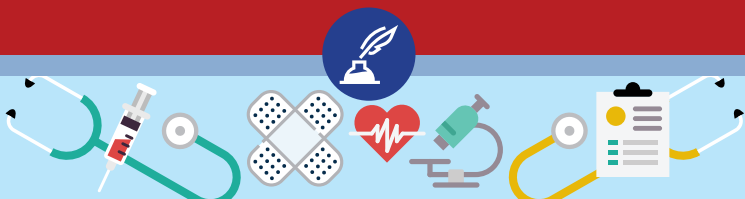
Chrissy, RVT

I would tell my younger RVT self

*“nothing
to it but to do it!”*

Watch, learn, try, repeat!
And when in doubt, talk it out.

Bridgit, RVT



Lessons from Experience

Assertion

Standing up for ourselves can be difficult at times and moreso for some personalities than others. Many times when we finally grit our teeth and speak up, the outcome is much more favourable than we might have expected.



Never let anyone step all over you.

What you do is so important.

Kyla, RVT



Assertion

*Stop justifying the
cost of care.*

Andrea, RVT

*Don't be afraid
to speak up*

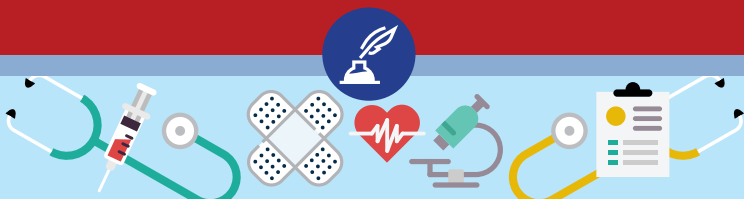
when you are unsure or uncomfortable.
Everything can be turned into
a learning lesson!

Keegan, RVT

*Take all your damn
lunch breaks,*

you goober!

Jessee, RVT



Lessons from Experience

Be Brave

Bravery isn't about slaying dragons. It's about stretching ourselves mentally and emotionally beyond our previously known limits. Keep looking forward, keep trying new things, say "Yes" and say "No."



Don't be intimidated

because of someone's years of experience. We're all learning, all the time.

Amy, RVT



Your dream job?

GO FOR IT!

Dianne, RVT



Be Brave

Jump in and
stop holding yourself back.

If you want to do something new and exciting go for it. Don't hesitate to ask questions. Ever. You'll learn so much from your peers.

Madison, RVT

You don't need to do or be a part of anything that you're not comfortable with.

Speak up and share

any concerns you might have!!

Brittany, RVT

Never give up,

stay strong and do not be afraid to share tears with clients. It'll be hard, but it will also be worth it.

Kayla, RVT

Stick to your guns

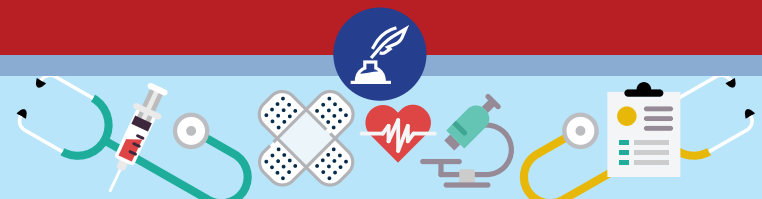
and stand up for your opinion. Seasoned RVTs don't always know best!

Nikki, RVT

Learn how to say no,

and that saying no doesn't mean you're not a team player. You can't be part of a team if you exhaust yourself.

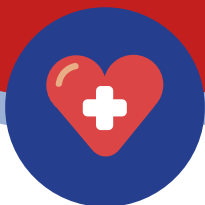
Alana, RVT



Lessons from Experience

Self Confidence

Yes, you can! Sometimes it feels easier to tell yourself you can't, but if you tell yourself you CAN your self-confidence will bloom and that road to RVT will become easier and closer for you.



*Be confident
in your skills.*

No one expects you to be perfect right away. It takes time. Find yourself a team who appreciates you and who you enjoy working with.

Kaylee, RVT



Self Confidence

You ARE good enough.

You deserve your “R”. You are not perfect, but you belong in this profession. Keep practicing!

Kaylene, RVT

Be confident;

stand up for what you believe in.

It’s ok to say no and share your feelings with your coworkers!

Trina, RVT

You can do anything you set your mind to. So cliché, but it’s true!

Dream big,

keep learning and don’t give up on those dreams. You will get there one day.

Desireé, RVT

I would tell myself to be confident in yourself!

Hit that vein!

Restrain that fractious cat!

Samantha, RVT

Never give up.

You will get there, enjoy the journey.

Megan, RVT



Self Confidence

Have confidence in yourself!
Stop doubting your skills,
but never be afraid to ask when you don't know.

Heather, RVT

Everyone has a bad blood day
or can't-get-a-catheter-to-save-their-life
day, it happens. Move on and
you'll get it the next time!

Jess, RVT

Never be afraid to look
for that next opportunity and
push past your comfort zone.

Tamara, RVT

Just because you're not the vet,
doesn't mean you're JUST a tech!!!

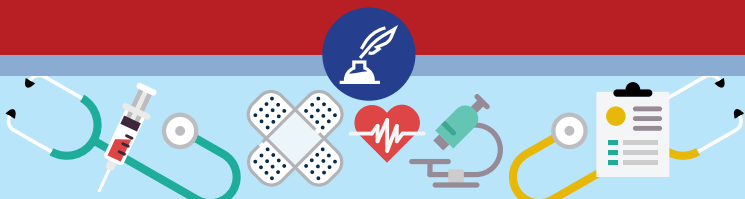
Jackie, RVT

Hold to your standards,
you have them for a reason.

Ashley, RVT

Stop over thinking things;
you've got this.

Kathryn, RVT



Lessons from Experience

Learning is Everywhere

Learning isn't just about books and lectures and memorization. Look for opportunities to learn everywhere. Learning doesn't stop once you are an RVT, it carries on and will make you the best RVT you can be.



I would tell my younger self that
there are lots of crazy owners out there

and you can't take everything they say to heart.

Nicole, RVT



Learning is Everywhere

I'd tell my younger self to
take every opportunity presented
to you as you learn so much from all the little
experiences.

Katrina, RVT

Always try to be as observant
as possible to those working around you. You
will learn how to anticipate what to do next
and be better prepared.

Natashia, RVT

I would tell my younger self
to not sweat the small stuff.
That some clients just don't want
to be taught something. Allow them
to make the decision to learn.

Aly, RVT

I would tell myself to
leave pride at the door,
there is always something new to learn.

Lizz, RVT

You're going to make mistakes,
and they're going to help you grow.

Brittany, RVT



Learning is Everywhere

I would tell my younger self that
learning is for life.

Never stop as it keeps the job interesting.

Vari, RVT

Learn from your mistakes.

Don't let them discourage you.

Shannon, RVT

Push your comfort zone,

and never stop learning and growing.

Nadine, RVT

Strive for gold standards,

patient advocacy and innovation.

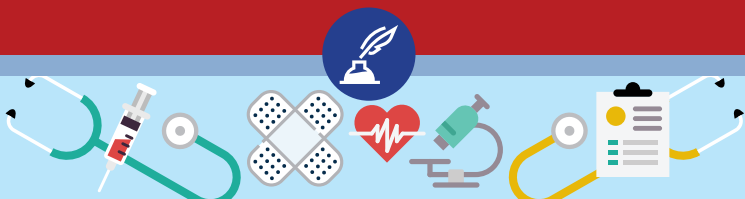
Never stop learning. You don't have to
be the jack of all trades.

Nicole, RVT

Keep up with reading articles,

and continually learning new facts and
methods that will have you asking why.

Leigh, RVT



Lessons from Experience

Patience

Treat yourself kindly, and refuse to become frustrated when frazzled. Everyone makes mistakes and almost none of them are the end of the world.



*I would tell myself
to be patient,*

this stuff takes time!

PJ, RVT



Patience

Breathe.

Things like technical skills will come with time. Be patient and be more willing to take advice!

Aggie, RVT

STOP looking at the clock!

The day is done when the patients and clients and co-workers are all taken care of. Looking at the clock only builds up stress and anxiety about getting out 'on time'.

Tara, RVT

Great techs have made mistakes,

missed veins, had bad days, but, with time and practice, they learned and grew into the awesome tech training you. You will be awesome too. Just relax and try again.

Erin, RVT



Patience

*Stop trying to
decide your career
right off the bat,*

you will end up in a job you love, with the determination to go for a VTS in a department you never imagined you would love so much. #dermtech

Amy, RVT

Don't panic!

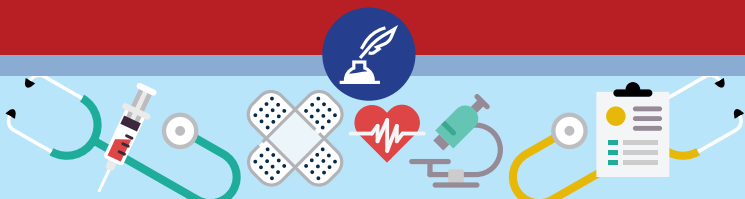
Time, dedication and patience WILL get you there.

Nikki, RVT

Travel, travel, travel

before choosing one set clinic. There are so many opportunities you can have with this job that many don't know about !

Shawna, RVT



Lessons from Experience

Perseverance

From the smallest tasks to life decisions we are often faced with the choice of giving up or forging ahead. Always forge ahead even if you need to recalculate your route. Perseverance will get you to your RVT destination.



Don't let the opinions of others derail you from your dreams.

Stick with it, persevere, try again from a different angle. You are important, you have value and you deserve to pursue your dreams!

Lynnsey, RVT



Perseverance

*Practice your skills and
don't be afraid of failure.*

If you don't try you can't fail. Be confident and positive. Don't be too hard on yourself!

Véro, RVT

There are going to be some really hard times, some really bad days, but

you will survive it.

You will thrive. And there will be many days/cases/patients that remind you why you're doing this in the first place.

Marina, RVT

As a fairly new RVT I think the only advice I could give my younger self is just to never give up. No matter how hard it gets,

*no matter how much you want
to walk away some days, persevere.*

It will all be worth it, in the end.

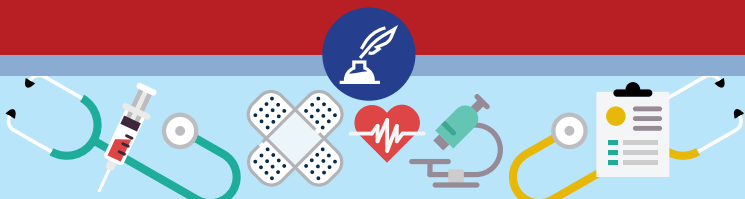
Kailan, RVT

I repeat... when at first you don't succeed,

try and try again...

as in, if you are not happy or fulfilled in your place of work... find another one.

Shannon, RVT



Lessons from Experience

Self-Discovery

Be prepared, self-discovery ahead!
Stay open to trying new things and allowing
yourself to discover things you wouldn't
have imagined you'd love.



Try to have a positive attitude,
and don't sweat the small stuff.

And be the technician that always
says "What can I help with?"
Instead of "That's not my job."

Victoria, RVT



Trust your gut.

Melissa, RVT



Self-Discovery

You will actually really enjoy the human aspect of this field.

The connections, the education, the shared journeys, the overall communication, the management – you may claim to not be a people-person, but you're a closeted social butterfly.

Amy, RVT

Don't be so stubborn.

If you don't know, allow yourself to learn without being so hard on yourself and being so defensive! You're still learning and will continue to learn through the years. Be patient with clients and animals, and

SLOWDOWN.

Tamara, RVT

One of my favourite aspects of being an RVT is the lab work!

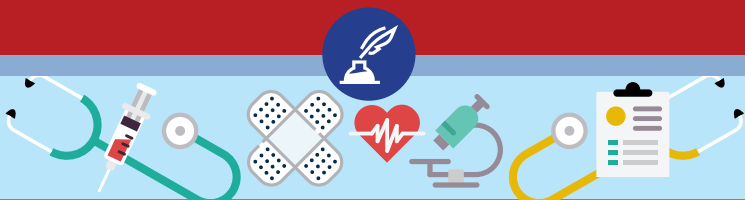
I love phlebotomy.

Jessica, RVT

Never forget the reason why you wanted to be an RVT.

It's a passion, a purpose and a real love.

Shannon, RVT



Lessons from Experience

Take Care of Yourself

Perseverance, patience, forging ahead, buckling down, asserting oneself... all of it can get exhausting. Always remember to take time to take care of yourself.



Take a deep breath

to slow yourself down.

Sandra, RVT



Take Care of Yourself

*Don't be so hard
on yourself.*

Christina, RVT

*Don't take work home
with you...*

literally and physically.

Jules, RVT

*Sometimes you cannot
save or fix every animal.*

Death isn't easy whether it's an emergency with a critical patient or a euthanasia.

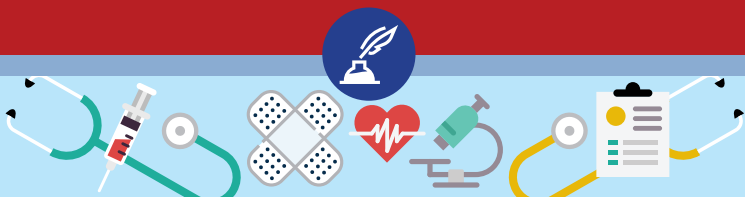
Be kind to yourself and your fellow staff members as everyone reacts differently.

Emily, RVT

*Take excellent care
of yourself,*

so that you can take excellent care of your patients.

Allison, RVT



Lessons from Experience

Technical Tips

A few technical tips. You will find even more when you see a colleague do something a little different – ask them why and if it makes sense, ask them to teach you their technique. Not everything technical is learned in school.



Go low!

Try to place catheters and sticks as low as possible. Save those veins.

Gabriella, RVT



Technical Tips

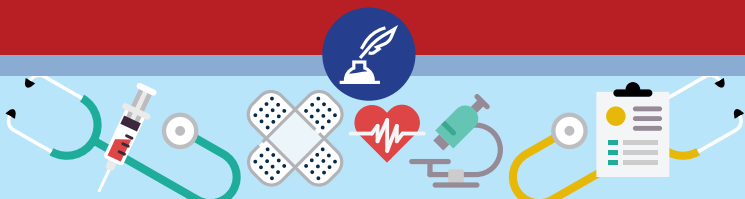
Learn how to intubate a cat by yourself

to make things go faster. Learn how to intubate your patients NOT using a laryngoscope – some clinics don't use them and they can slow you down.

Rhonda, RVT

Bladder control training comes in handy.

Robin, RVT



Lessons from Experience

Work-Life Balance

So much of ourselves goes into their well-being that working with animals can feel like it is all-consuming. BUT, you must remember to experience your own life too.

A good work-life balance will keep you content in your job and in your personal life. The animals will benefit in the end.



*Remember to work
to live, not live to work.*

It's all about the work – life balance.

Amanda, RVT



Work-Life Balance

*Don't feel guilty
for saying no*

to extra hours/shifts. Take them when you can for experience but say no when you feel overwhelmed.

Diana, RVT

Take care of yourself.

You can be pushed to incredible extremes in this profession and it's so important to allow yourself time to regenerate.

Jesse, RVT

Don't be afraid,

stay compassionate, find balance in life outside of work.

Lisa, RVT

Take more time off!

Don't overwork yourself and know when to say no!

Tiffany, RVT



Work-Life Balance

I would tell myself that
burnout is real
and to take care of yourself as
well as your patients.

Evelyn, RVT

Be kind to yourself.

*Don't put more on your
plate than you have to.*

We are super humans not fictional
superheros.

Vanessa, RVT

Set boundaries.

Longer hours and more favours
become expectations, and it's not easy
to get back to somewhere healthy.
Be slower to judge. Advocacy doesn't
have to mean being a hardass.

Amy, RVT



Thank you

to each and every RVT who took the time to reflect on their experiences and to share their wisdom. The superior quality of the RVT community's generosity and caring is demonstrated by the sheer number of responses that were given to the question, "What advice would you give your younger RVT self?"

Thank you

to everyone who took the time to respond. Many more quotes came in than could possibly fit into this modest book. To those who don't see their exact words, you will find the essence of your thoughts reflected throughout the book.

To the new and upcoming RVTs

who are reading this book to find some inspiration and advice, thank you for reading it, and thank you for choosing such a meaningful career path. Animal owners and caretakers, vets and all animal lovers thank you.

We are here for YOU!



**RVTTTC
TTVAC**

**REGISTERED VETERINARY TECHNOLOGISTS
AND TECHNICIANS OF CANADA**

P.O. Box 961, Kemptville, ON K0G 1J0

E: info@rvttcanada.ca P: 613.215.0619