

Inspiring Motivation for Holistic Health

Keynote Speaking • Workshops • Coaching

A compassionate catalyst in the creation of thriving teams and professional ecosystems.

Dr. Sonja Olson practiced emergency veterinary medicine for 25 years. Despite her best efforts to stay holistically healthy along the way, burnout and the physiologic impacts of that difficult work caught up with her. This lived wisdom, combined with the intentional seeking of evidence-based mental health/well-being skills and certifications, have fortified her resolve to offer care and support for those in the veterinary field.



SONJA OLSON, DVM
ADVOCATE FOR HOLISTIC HEALTH

Popular Speaking Programs

Dr. Olson speaks in-person and virtually on a wide variety of well-being topics for veterinary and caregiving professionals. All programs and workshops are tailored to your organization. Below are some programs often requested by clients.

Banish Burnout: Tactics and strategies to strengthen compassion, increase satisfaction, and thrive in challenging caregiving environments

Mindfulness as a Superpower: How to utilize mindfulness practices to develop a formula for healthy, strategic coping that can be applied to everyday life

Understanding Trauma-informed Care & Psychological Safety in Veterinary Medicine

Name it to tame it! Understand caregiving challenges and develop healthy coping strategies

Why Am I So Tired? Examining the contributors to veterinary professionals' fatigue and exploring supportive, energizing practices

Stress Better: Meeting the moment with understanding and effective practices

Sustainability Plan: Creating a practical, individualized self-care plan to flourish in all parts of your life

Money Matters: Understanding moral distress and the spectrum of care model

The Power of the Multi-Disciplinary Team in Veterinary Caregiving and Culture

Staying Power! The wisdom and energizing impact of mindful microbreaks

Suffer Less: Utilization of equanimity and energy optimization to meet life's challenges

NOTABLE CLIENTS & AFFILIATIONS



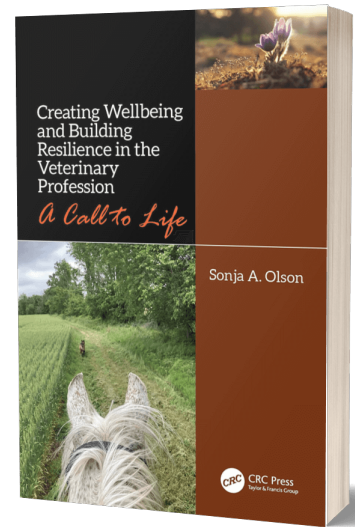
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DR. OLSON'S 2022 BOOK

Creating Wellbeing and Building Resilience in the Veterinary Profession: A Call to Life | Published by CRC - Routledge

A Call to Life aims to help veterinary caregivers increase self-efficacy, decrease unnecessary suffering, and increase sustainability in their mission to support animal health around the world. The veterinary profession is powered by dedicated, bright, and selfless individuals. Unfortunately, the long-standing and dysfunctional culture in classrooms and practices around the world expects veterinary caregivers to be ready to sacrifice everything – their time, their health, their personal lives – in the name of being deemed qualified and 'worthy.'

Available at:    



Keep an eye out for Dr. Olson's new book!

"Activating Well-being and Resiliency Strategies for a Thriving Veterinary Career: A Practical Workbook"

Coming in 2025 | Published by CRC - Routledge



ABOUT DR. OLSON

Dr. Sonja Olson is an emergency room veterinarian, author of two books on professional resilience, keynote speaker, and experienced mentor for veterinary professionals. She brings inspirational energy, kind encouragement, and a diverse skill set to help you develop your own unique wellness wisdom. Her passion is creating healthier individuals and communities through proven strategies that foster connection and compassion.

Through her clinical ER experiences and as a Health & Well-being Educator for veterinary colleagues, Mental Health First Aid Instructor, and Certified Mindful Meditation Teacher, Dr. Olson brings a unique blend of expertise and practices which raise awareness, fortify knowledge, and build applicable skills to better navigate life's inevitable challenges. Her book, "Creating Wellbeing and Building Resiliency in the Veterinary Profession: A Call to Life", has been called a "lifeline to struggling veterinarians and anybody in the profession, with real stories and practical advice for building resilience."



Visit [SonjaOlsonDVM.com](https://www.SonjaOlsonDVM.com) to schedule a free 30-minute exploratory conversation! 



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