



# SONJA OLSON

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 Vancouver, WA 98682

**Global catalyst to enable thriving veterinarian professionals and ecosystems**

**Professional, value-driven speaker**

**Collaborative creator and presenter**

- Expert in advancing and supporting the sustainable thriving of veterinary professionals, teams, and culture.
- Enthusiastic and engaging wellness speaker and educator experienced in personal support and group training on well-being concepts and skills.
- Adept at leading groups and individual coaching sessions

## SKILLS

- One-on-one coaching & Group Instruction (virtual and in-person)
- Mentorship
- Public speaking: facilitated presentations and workshops
- Health & Wellness program development & implementation
- Written communications (blogs, articles, books)
- Media relations and interviews (radio, television, print, podcast)
- Well-being strategies and skill-development training
- Creative collaboration

## WEBSITE, PORTFOLIO, PROFILES

- Book Author: *“Creating Well-being and Building Resilience in the Veterinary Profession: A Call to Life”* (CRC Press, Publication February 2022)
- Book in progress *“Activating Well-being & Resiliency Strategies for a Thriving Veterinary Career: A Practical Workbook”* (CRC Press, Publication anticipated late 2024)
- Website: <https://sonjaolsondvm.com>
- [Sonja Olson | LinkedIn](#)
- YouTube.com/sonja-olson (Kindful Moments with Dr. Sonja)
- Instagram/sonjaolson7

## EXPERIENCE

**Founder of Heartstorming Wellness LLC**

- Curriculum design and implementation
- Event planning (wellness retreats)
- Program assessments
- Design, execution, and scaling of large programs

## EDUCATION

### SouthPaws Veterinary Referral Center

Springfield, VA • 05/1997

**Rotating Small Animal Internship** : Small Animal Medicine/surgery

### Virginia-Maryland Regional College of Vet Med

Blacksburg, VA • 05/1996

**Doctorate in Veterinary Medicine** : Veterinary Medicine

- Professional development included preparation in aquatic, marine mammal, and exotic animal medicine/surgery (in preparation for possible zoo career)

### Barnard College

New York, NY • 05/1992

**Associate of Science**: Biology

*Vancouver, United States January 2022 - Present*

***My mission is to help veterinary caregivers increase self-efficacy, decrease unnecessary suffering, and increase sustainable thriving and compassion satisfaction in the profession.***

- **Organize, facilitate, and present multiple customized presentations.** Have delivered 100s of speeches, workshops, and trainings to a wide variety of veterinary audiences in 7 countries and on 3 continents.
- **Speaking** - Virtual or in-person, solo or collaborative presentations, podcasts, and panel discussions.
- **Coaching** - Individually or small group support
- **Consulting** - Projects relating to increased individual and team wellness supporting engagement, connected and efficient teams, and a culture supporting safety, quality, and professional satisfaction.
- **Writing** - Author of Articles, Blogs, Scientific Papers, Books
- **Curriculum Design** - Background in creating veterinary clinical programs as well as programs that included non-clinical professional skill-building and wellness strategies.

### BluePearl Veterinary Partners - Veterinary Wellness Educator

*Vancouver, United States • 03/2018 - 10/2023*

- Designed and implemented the curriculum, created surveys and applied results to trainings, and continued to collaboratively manage the BluePearl Clinicians In-Training initiative (House officer non-professional skill building).

## CERTIFICATIONS

- **2023 Trauma-Informed Approach Certified Trainer - TEND Academy** (certificate completion Sept 2023)
- **2021-2023 Mindfulness Meditation Teacher Certification Program** Certification completed in February 2023 (SoundsTrue)
- **Certified Blue EQ Emotional Intelligence Facilitator** (2023)
- **2022 Stress First Aid for medical professionals**
- **2021 Mental Health First Aid Certified Instructor- Adult Program**
- **2020 and 2023 AVMA Workplace Well-being Certificate Program - Trained Facilitator** (includes QPR training)
- **2019 Green Cross Academy in Traumatology - Certified Compassion Fatigue Trainer**

- Contributed content and facilitated the discussions on clinician well-being for the novel EmERge program with BluePearl Veterinary Partners.
- Organized and led seminars (including Mental Health First Aid training) and classes for veterinary associates, providing strategies and tactics for lifestyle changes and healthy livings approximately **50 times/month**
- Provided individual health coaching to help support overall self-care and to optimize personal and professional choices meeting **20-30 times/month**
- Coordinated with BluePearl veterinary social workers to provide mental health and holistic well-being support to veterinary associates as well as to create/provide well-being lectures, training and resources supporting a **veterinary community >8000 individuals nationwide.**
- Co-created and delivered 12 episodes for the Shucking Oysters podcast providing mindfulness and well-being knowledge, resources, and skill building (MVH4You.com)
- Co-created and supported the Wellness Ambassador Program for individual practices (in-house, trained wellness champions who coordinate support and resourcing with the BluePearl Veterinary Social Work Team)
- Content exploration and creation with a 4-person Student Mentorship workstream to support bold goals of the Mars Veterinary Health DEI Council
- Built strong relationships with associates to promote health and personal and professional well-being supporting compassion satisfaction and engagement.

**BluePearl Veterinary Partners - Veterinary Clinician Recruiter**

*Tampa, FL • 12/2016 - 05/2020*

- **2017 Completed training in: Emotional CPR** (Course provided in partnership with the University of TN - Veterinary Social Work program)
- **2017 Johnson & Johnson Corporate Athlete - Energy for Performance**
- **2016 Certified Facilitator for Leadership Development through the Hay Group**
- **2002- 2020 Les Mills Certified Group Fitness Instructor (5 formats)**

- Sought and placed matching qualified veterinarians to support Emergency, Surgery, Anesthesiology, Rehabilitation, Medicine, and Avian/Exotics Services for BluePearl Veterinary Practices nationwide
- Engaged with larger veterinary community and prospective candidates as a Clinician Talent Acquisition team member at major national veterinary conference events
- Developed well-being initiatives and began building the framework for future career pathing network between Mars Veterinary Health businesses
- Actively participated in the creation and on-going support of the novel emergency immersion training program, EmERge, at BluePearl Veterinary Partners. Included teaching clinical and well-being lectures throughout their training year (2018-2023).

**BluePearl Veterinary Partners - Emergency Veterinarian**  
*Tampa, FL • 6/2003 - 12/2016*

- Emergency Team Lead for ER clinicians supporting 3 ER/Multi-Specialty referral clinics in the Tampa Bay region
- Triage/Stabilized critically ill patients, provided high-quality emergency care for small animal/exotic patients, co-managed care for hospitalized ER & Specialty patients
- Included in treatment duties: Examination and treatment of all hospitalized patients; Management of the ICU; Client communication; Specialist case transfers and rounds; Referring veterinarian communication and updates.
- Performed routine emergency procedures and surgeries such as AFAST/TFAST, thoracocentesis, abdominocentesis, urethral de-obstruction, wound repair, fracture stabilization, GDV correction,

splenectomy, gastrotomy, enterotomy, cystotomy, GI exploration +/- biopsy, pyometra/spay.

- Evaluation and treatment of local wildlife presenting for care with goal of release to licensed rehabilitators
- Mentored rotating and specialty interns while on their emergency rotations providing oversight and coaching on primary care of emergent cases
- Attended national and international continuing education conferences yearly
- Non-clinical activities included: training of new ER staff, Intern Selection Committee, Developed/implemented new protocols for the ER service in conjunction with other specialty services and practice management, provided CE to referring veterinary community

### **Alexandria Veterinary Emergency Services - Emergency Veterinarian**

*Alexandria, VA • 07/1997 - 06/2003*

- Included in emergency duties: Examination and treatment of incoming emergencies; Formulation of treatment plans; Client communication and education.
- Performed emergency medical procedures: Central line placement, female and male urinary catheter placement (feline and canine), thoracocentesis, pericardiocentesis, abdominocentesis, chest tube placement, peritoneal dialysis catheter placement, phlebotomy
- Performed emergency intra-abdominal soft tissue surgeries, wound management, and fracture stabilization
- Member of the emergency department's surgery on-call team.
- Included in treatment duties: Examination and treatment of all hospitalized patients; Management of the ICU; Client communication.

## PROFESSIONAL AFFILIATIONS

- International Association of Veterinary Social Workers
- Washington State Veterinary Medical Association
- Portland Veterinary Medical Association
- American Veterinary Medical Association
- Veterinary Emergency and Critical Care Society
- Veterinary Information Network
- VETGirl
- MentorVet Advisory Board Member (2022- Present):  
Active mentor and peer cohort facilitator for the program as well.

