



WORLDWIDE
VETS

THRIVE

2023/2024

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Continuing education, just not as you know it

A 7 day mental health and self development workshop
in Zimbabwe, Africa.

8th to 14th December 2023
4th to 10th February 2024
10th to 16th February 2024



£3,950 per person all inclusive (excluding flights, visa and insurance)

A 7 day continuing education (CPD) course set at an all inclusive 5* lodge in spectacular Victoria Falls National Park, Zimbabwe, Africa.

The focus of the 32 hours of continuing education is mental health awareness and self-development. These are vital skills for any veterinary professional to improve their working environment, career longevity, satisfaction and ability to support and develop themselves and their team. The course accepts up to 16 people at a time for an exclusive African experience.

Gone are the days of sitting in dark lecture rooms to “clock up” hours. Step into the sunshine and experience a lifechanging week in the wilds of Africa that guarantees a fulfilling experience to refresh, revitalize and alter your perspective on life.

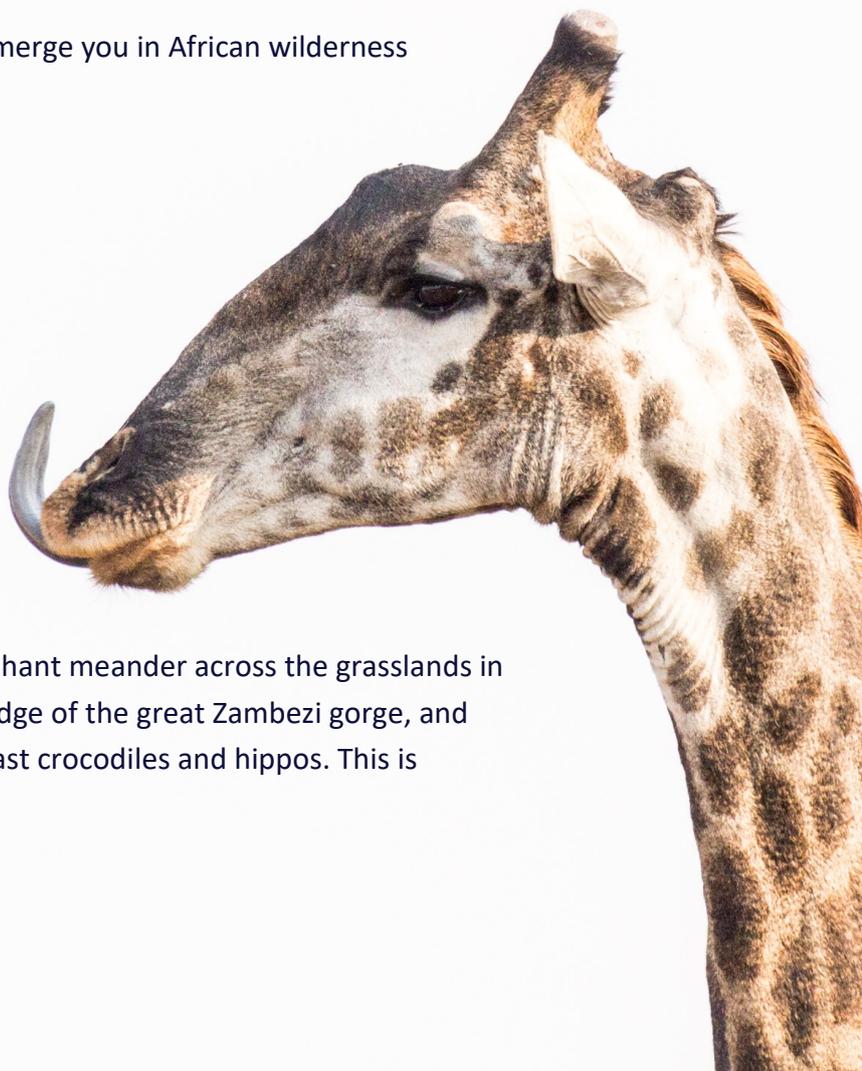


During the Thrive course, education is a mixture of:

- Personality tests and analysis sessions
- Team practicals
- Dynamic group discussion sessions
- Lectures
- Thrive missions: extra activities that will immerse you in African wilderness whilst providing take home lessons

Each type of learning will open your eyes to a different concept, each of which can be linked back to a common goal and principle, self development and personal growth

Imagine a lecture space where giraffe and elephant meander across the grasslands in front of you, workshops on a platform at the edge of the great Zambezi gorge, and teaching sessions aboard a boat as you float past crocodiles and hippos. This is continuing education, but not as you know it.



Through the course we cover topics including:

- The Enneagram: a personality test which is taken online before attendance, with personalized results printed and analyzed during your stay. Learn to utilize your strengths and be aware of your blind spots.
- Teamwork and optimizing how you communicate with different personality types
- Conflict management and embracing differences
- Intruder syndrome and how to combat it
- Self awareness practicals
- Burnout - know the signs and acting early
- Mental health awareness
- Self forgiveness
- Emotional IQ
- Pouring from a full cup - self development and growth strategies
- Work life balance
- When the pressure is on: coping mechanisms
- Client anger and grief unraveled
- Taking control of your career path and career development strategies





The Enneagram: a personality test with personalized results printed and analysed during the course.

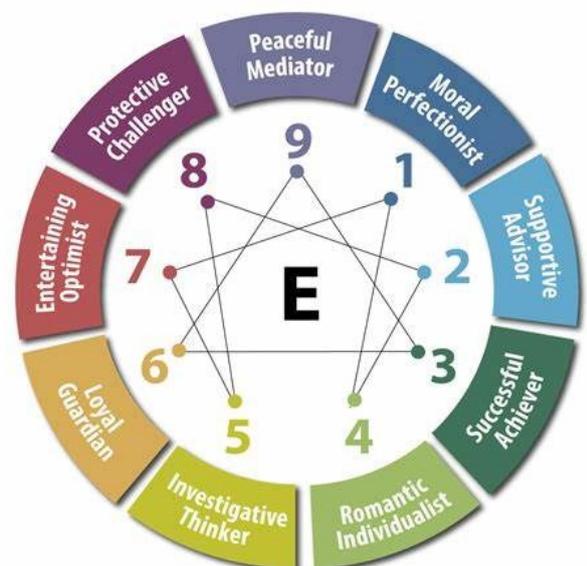
Attendees will receive an email prior to the course containing a link to the online enneagram questionnaire. This will take around one hour to complete and results of the questionnaire will be received by the practitioner Christine Stevens. Each result is analysed before the course to best tailor the teaching to the persons present.

Session one will be an overview of the nine types of personality and participants will be encouraged to participate and discuss where the types are/are not relevant to them. At the close of session one, participants will receive a 23-page report on their personality type according to the questionnaire they answered previously. They will take this hard copy report and study their type between session one and two.

Session two will be an in-depth exploration of the individuals personality type(s) and how this might be expressed in their day-to-day professional lives. The coach will provide some tools for volunteers to overcome areas of difficulty using the enneagram and exploring different personality types.

Session 3 will be half lecture based, half practical, analysing ways to utilise a deeper understanding of different personality types to benefit the working environment and taken in context of career enjoyment, success markers and professional development.

Attendees will come away with a deeper understanding of the lens through which they view the world; the 'why' behind their behaviours and an illumination of what their strengths, weaknesses and blind spots may be so they can harness these and practice deep personal introspection and professional growth.





	6-9 am	9-12 am	12-1 pm	1-4 pm	Evening
Day 1		arrival	Lunch	Welcome talk, followed by Rest and Relaxation time	Sundowners (sunset drinks) at the Zambezi gorge
Day 2	Breakfast	Enneagram: personality lectures	Lunch	Enneagram: your results and analysis	Sunset boat cruise to spot hippo and crocodiles
Day 3	Morning game drive to view lion, hyena, leopard and more. Breakfast	Enneagram: teamwork and making opposites attract	Lunch	Meet the elephants at the elephant orphanage.	Evening game drive
Day 4	Breakfast	Lectures: Mental Health focus	Lunch	Lectures: Mental Health focus	Canopy high ropes
Day 5	Morning game drive and breakfast	Lectures: Self Development and satisfaction focus	Lunch	Discussions/practicals: Self Development and satisfaction focus	Community induction and cultural tour
Day 6	Breakfast Visit to Victoria Falls Waterfall	Lectures: communication focus	Lunch	Workshops: Career development and work-life balance focus	Farewell dinner under the stars
Day 7	Breakfast	Departure	Optional 3 day Chobe National Park add on for the wild at heart.		



Accommodation:

Delegates will enjoy their own luxury lodge room with king-size bed (shared rooms can be accommodated) with cool luxurious white linen, large sweeping mosquito nets, warm evening lighting and safari chic design. Rooms are ensuite with showers and a large copper bath. Each room has its own private plunge pool on it's own private deck overlooking the watering hole. There is also a large communal swimming pool, so you can cool off in the warmer parts of the day or even swim under starlight at night, with a good chance of viewing animals. The communal areas where you eat and socialize are draped in luxury and authentic African décor. The main deck of the lodge has sweeping views out to the horizon and gives a true sense of being in the midst of nature and totally disconnected from the bustle of normal life.

All food and drink is included in your stay. 3 meals a day are served buffet or la la carte style. We can cater for vegetarians and vegans, and most allergies. If you have complex food requirement, please contact us before booking to discuss how we can accommodate you. The lodge stocks a range of drinks and alcoholic beverages are served from 6pm onwards. [Visit the Elephant Camp Website](#)





Location

The lodge is set in the Victoria Falls national park, a big 5 wildlife area. You can expect to be serenaded with calls of the wild at breakfast and supper, elephants trumpeting and lions roaring into the night. In the evening you can enjoy sunsets igniting the horizon and then kicking back around the fire, under a sky of stars. You are guaranteed wonderful sightings of wildlife that come and drink from the waterhole in front of the property, although the wildlife is not able to come closer to the accommodation so your safety is ensured. The game drives never fail to disappoint as the area is rich with all species, including the big 5 and unique bird life.

From the lodge you can see plombs of spray, rising from the Victoria falls waterfall. This is the reason this waterfall is called “the smoke that thunders”, something you will feel up close and personal when we do a private tour of the waterfall itself, and get a chance to stand right in front of the thundering water. By attending this course you are supporting the great work of Wild Horizons and their Victoria Falls Wildlife Trust which provides vet treatment to injured wildlife and supports conservation across the Zambezi valley.





Travel information and planning

We ask you arrive before 2pm on the first day of the course. Arrival after this time can be accommodated but with an additional transfer fee of 150 USD split between all delegates present. You will book your flights into Victoria Falls airport in Zimbabwe. Most nationalities are able to purchase a tourism visa on arrival, which costs 50 to 70 USD and lasts for up to 3 months. Departure must be after 11 am on the last day of the course. If you wish to be collected or dropped in town for personal travel and exploration, this can be arranged at an additional cost of 50 USD per person.

Zimbabwe requires proof of double vaccination against Covid-19 or a negative PCR test with results no more than 48 hours old at the time of departure from your country of origin.



Cost:

The cost of the course is £3,950

Included:

- 32 hours of CE/CPD accredited learning and workbook
- 6 nights Accommodation in 5* Elephant Camp Lodge
- Transfers to and from the airport
- 3 outstanding meals a day
- All drinks (alcoholic and non-alcoholic)
- All “Thrive missions” (game drives, boat trips, canopy high ropes, elephant sanctuary visit, cultural initiation)

Excluded:

- Flights
- Visas
- Personal travel insurance



What next?

The three available dates are on our website and to ensure you get a spot, just select your preferred start date and purchase your ticket through our secure ticket portal.

Once you have booked your ticket, a member of our team will email you within a week with a comprehensive pre-departure planning pack. In the pack is all the smaller details like a packing list, how to apply for your visa, more information about booking flights and details about the daily schedule.

**SELECT YOUR DATES
AND BOOK**