

INTROVET™

Veterinary Financial Wellness Retreat

March 3, 2024

Webinar | 6 Hours RACE Approved CE

Accredited Financial Counselor, **Dr. Grace Kim**, Certified Life Coach, **Julie Squires**

*All times reflect Central Standard Time

FINAL SCHEDULE

9:00 - 9:10 AM CST attended? _____	Welcome/Opening Announcements
9:10 - 10:00 AM attended? _____	Veterinary Financial Wellness Foundations (Kim, 1 credit hour) This session will focus on the foundations of financial wellness. We will review some common misconceptions regarding financial wellness, especially as they relate to veterinary professionals. Participants will understand the stages of wealth building and start developing their own goals to improve their financial health and wellness.
10:00 - 10:10 AM	Questions
10:10 - 11:00 AM attended? _____	Your Money Mindset: Unleashing the Financial Hero Within, part 1 (Squires, 1 credit hour) Money can create a lot of anxiety for people based on misunderstandings, misconceptions, and our own limiting beliefs about it. In order to be physically, emotionally, and mentally healthy, we have to also have an empowering relationship with our finances. And that all begins with our attitude around our current finances, how much we believe we can make, and how we plan financially for our future. Your journey to feeling good about money begins here!
11:00 - 11:10 AM	Questions
11:10 - 11:20 AM	Break
11:20 AM - 12:10 PM attended? _____	Your Money Mindset: Unleashing the Financial Hero Within, part 2 (Squires, 1 credit hour) Continue our conversation! Your journey to feeling good about money begins here!

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12:10 - 12:20 PM	Questions
12:20 - 1:00 PM	Lunch
1:00 - 1:50 PM attended? _ _ _ _ _	The Numbers You Need to Know (Kim, 1 credit hour) Building on the foundational concepts of financial wellness, it's now time to dig into the specific numbers necessary in order to assess each individual's current financial situation. This information will give participants the clarity necessary to further refine the actions they want to take with their finances.
1:50 - 2:00 PM	Questions
2:00 - 2:15 PM	Meet Our Sponsor, Vet.Billing!
	 VetBilling.com POWERED BY EBCS
2:15 - 3:05 PM attended? _ _ _ _ _	Overcoming Debt Overwhelm (Kim, 1 credit hour) The burden of debt can feel heavy, but it doesn't have to stay this way. In this session, we will discuss which debts to prioritize and smart debt management solutions. We will also provide an overview of the current state of student loans available student loan repayment options.
3:05 - 3:15 PM	Questions
3:15 - 3:25 PM	Break
3:25 - 4:15 PM attended? _ _ _ _ _	Re-Thinking Your Financial Goals (Kim, 1 credit hour) Given the information you've gathered from the previous sessions, now it's time to plan how you want to move forward with your finances as a whole. This session will give participants the opportunity to not only pinpoint specific areas they would like to focus on when improving their financial health and wellness, but also give them practical steps to get started moving in the right direction.
4:15 - 4:45 PM	Questions, Closing Announcements and Conclude

Thank you for learning with us today!