

Tips to ensure you get the MOST out of your courses and CPD!

We are so lucky as pet professionals...

We have so much choice when it comes to ongoing learning and CPD, that's a wonderful thing, after all variety is good!

But often this can turn into overwhelm, books unread, courses only half completed.

For example you commit to a 6-month course, then buy another course, your focus may change and then you can't commit to both. Then it's only a matter of time until the next course comes along!

Why it's bad

- Courses unfinished
- You didn't fully take advantage of the course/programme and all its goodies
- You don't get the results you truly deserve
- As above you feel overwhelmed and dissatisfied

How to keep focused

1. Consistency and time

Focus on one or two courses at a time with consistency in study times. Have set times for CPD and map out study slots especially if you need to plan ahead for live training. Really study the course syllabus. Does it fit around your schedule? Can you really commit to each session? What happens if you fall behind?

2. Plan

Once a month sit and plan what you're going to do that month, try to get it in your diary and stick to it. I tend to organise my CPD for the year but make allowances for that 'surprise' course.

3. Commit

Make a pact with yourself to fully commit to a new course to ensure you get the most benefit. A study buddy can help you be more accountable! Check beforehand if the course syllabus includes some level of accountability. Perhaps a private group that shares your wins. Is committing to this course going to make you even more overwhelmed, are you already getting that sick feeling inside your belly? Of course it's good to push ourselves, but if we push ourselves too hard then we may just end up shutting down. You may find shorter course are better for you, or bite size modules. Remember to find out what study materials



you will receive and the format. We all learn in different ways and a 2 hour zoom on a Wednesday eve, may be far too much in one go!

4. New is exciting but have you learnt it before?

There are new variations of learning and courses popping up all the time, and these can be very tempting but make sure it's not old stuff just repurposed or stuff you've learnt already. Remember to study the syllabus before you enrol and what you will receive afterwards.

5. Keep a budget and prioritise

Prioritise - fixing your car is most likely to be more important than that new course. I keep a CPD jar. A small monthly budget and bigger savings for those bigger courses. Remember some months you won't be able to always budget for a new course - FREEBIES there's oodles of free training out there.