



Episode 36: The pursuit of guilt-free practice ownership. With Dr Kathy Anderson.

Dr Kathy Anderson is a practicing veterinarian, mom of two and the happy owner of a thriving veterinary clinic. She's owned her practice for almost 5 years, and under her guidance the practice has grown from a 2 man business to a bustling 6 vet practice and has seen a huge increase in revenue. Which is impressive in itself, but if I told you that she chose to enter ownership when she had two very young kids, one of them a 2 year old who wasn't even sleeping through the night, you'd probably think she's crazy, right? But here's the thing - she's loved her journey and still loves practice ownership and veterinary work. You'll look long and hard to meet someone with her level of positivity and enthusiasm for work.

What will I learn from this episode?

- Tips for making time for yourself.
- Kathy's insights into what helps to create a successful practice.
- Dealing with parental guilt as a business owner.
- Practical advice for combining kids and practice ownership.
- Kathy's experience with telemedicine during Covid.
- Deciding on your key outputs - the most important things you need to do with your time.

One thing to remember: How to create time for yourself.

- **Prioritise** it. If you don't put it as number one in your mind it's not going to happen.
- **Schedule** it. Time not blocked off for doing the things you want to do will get filled with other activities.

- **Protect** it. It's non-negotiable.
- Hire **good people** to take the load off.
- **Trust** those people that you hire to do their job well.

Kathy says

"I know we're perfectionists as veterinarians, and we like to think that we have to do it all ourselves, but I think that letting go of the reins and letting other people handle some things is beneficial to everybody."

Kathy's favourite podcasts

NONE! - she doesn't know how to listen to podcasts! So here are some of Hubert's favourites:

The Tim Ferris Show: [https://tim.blog/podcast/?](https://tim.blog/podcast/?_ga=2.151504249.1584587228.1600006608-1669102091.1600006608)

[_ga=2.151504249.1584587228.1600006608-1669102091.1600006608](https://tim.blog/podcast/?_ga=2.151504249.1584587228.1600006608-1669102091.1600006608)

Akimbo, with Seth Godin: <https://www.akimbo.link>

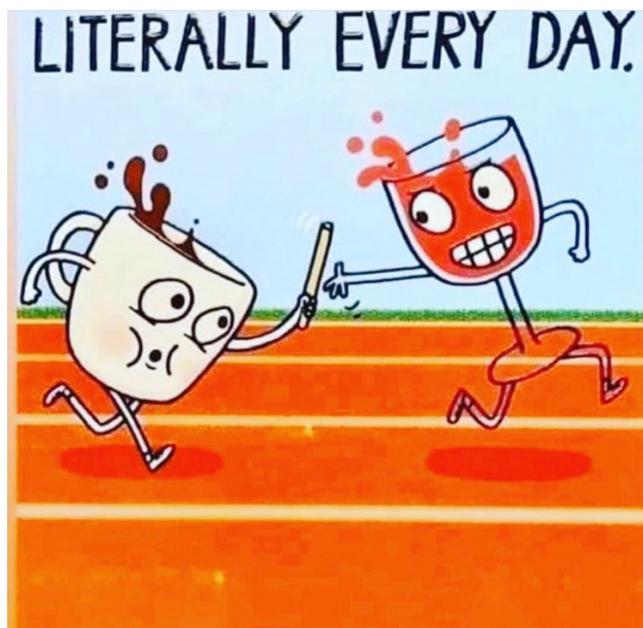
The Drive, with Peter Attia: <https://peterattiamd.com/podcast/>

And Gerardo's:

The Brendon Show: <https://brendon.com/podcast/>

The Science of Success: <https://www.successpodcast.com>

More about Kathy



Kathy's favourite cartoon:

Kathy's practice: <https://companionnp.com/>

Kathy's Insta: <https://www.instagram.com/dr.kasia.anderson/>

More stuff from the podcast

The Suicide Prevention that Hubert mentioned: <https://www.livingworks.com.au>

If you are a member of the Australian Veterinary Association you can do the course for free.

Login to your account and visit: <https://www.ava.com.au/member-services/vethealth/mental-health-information-sheets/livingworks/>