



Professional RLRI

North Central @ Iowa State University

January 20, 2023



FRIDAY	
11:00am	Lunch and Introductions / Welcome by Dr. Elizabeth Mendoza
12:00-12:50 pm	Dr. Diane Noll <i>Refiner's Fire</i>
1:00-1:50pm	Dr. Steve Meyer and Dr. P <i>Mentoring 101</i>
1:50pm-2:10pm	Short Break/Fellowship
2:10-4:00pm	Rev. Dr. Karen Schuder <i>Expand Your Hug: Foster Self-Compassion and Build Team Support (Sustainability Workshop)*</i>
4:00pm-4:30pm	Debrief, Prayer, Adjourn to RLRI if attending

Refiner's Fire - Dr. Diane Noll

The best of gems are made perfect through exposure to high heat....is it any wonder that Scripture uses this example to reflect the life of a believer refined by trials....we emerge beautiful and pure.

Mentoring 101 - Dr. Steve Meyer and Dr. P

What does it take to establish a new veterinarian in their career path? Successful mentoring practices will be discussed as a central part of this time of growth.

Expand Your Hug: Foster Self-Compassion and Build Team Support - Rev. Dr. Karen Schuder

We will look at the power of self-compassion enabled by grace and strategies to foster it in daily life. After a look at compassion fatigue and burnout, we will focus on how to promote resilient and sustainable caring for ourselves and teams. Through activities, learning, and discussion you will benefit from strategies to embrace your common humanity, include God's unconditional love in daily practice, honor healthy boundaries, and promote grace to increase sustainability.

**This program has been submitted to RACE for approval for 2 hours.*

Speaker Bios

Diane Noll, DVM

Dr. Diane Noll has been in mixed animal private practice for 40 years in Iowa, just recently selling her practice and returning to relief work. She has ventured into some teaching at a local Vet Tech school, but 4 children, and 12 grandchildren keep her busy in between trips with CVM to Nicaragua and Haiti. An additional passion calls her to Zambia, Africa frequently where she and her husband lead a ministry to over 250 orphans, beginning with a feeding program and now growing to a Christian academy for the orphans in the community. Diane's current veterinary interests are the history of veterinary medicine, women's topics, and the survival of the small town veterinarian. Dr. Noll may be contacted at leftydiane@gmail.com.

Steve Meyer, DVM

Dr. Steve Meyer is a 1981 graduate of University of Minnesota who practiced in Little Falls, MN for 4 years, then 3 years in Thief River Falls, before eventually settling in Ashland Wisconsin 34 years ago. He has been married to Annette for 46 years. They have 10 adult children and together, they run Willow Animal Hospital. Dr. Meyer has been able to experience 3 mission trips but life is mostly focused on daily mixed animal practice in an area of need. The hospital travels a 100-mile radius to serve clients. Dr. Meyer has a small beef herd and enjoys hunting, trapping, soccer (referee), woodworking, and fixing things. For over 20 years, he and his wife had sled dogs but now they only have a cat as a pet.

Dr. P from "The Shepherd's Pursuit"

P and E, along with their two children, will be serving in Africa. The Lord captured P and E's hearts with a desire to know Him and to make disciples while in undergraduate studies. As a married couple, they worked in campus ministry together for a year before P felt led by the Lord to pursue veterinary medicine at Iowa State University. E continued to work full time in campus ministry while also completing a Master's in Public Health – Global Health. In veterinary school, P was involved with the ISU CVF chapter and P and E completed several short-term trips through their campus ministry work and through a CVM apprenticeship in Africa. Throughout those years, God continued to show them His heart and plan for every people group to hear the Gospel of Jesus Christ. Since graduation, P has been working as a mixed animal practitioner in Wisconsin. He has a passion for using veterinary medicine and animal health training as a doorway to provide urgent physical and spiritual need. E has worked as a stay-at-home mother. She has a passion for maternal/infant nutrition and hygiene education and women's ministry.

Karen Schuder EdD, MDiv, MAM

Rev. Dr. Karen Schuder has extensive experience helping people in times of trauma, coaching people to function sustainably, and leading organizations. She provides ongoing resilience training for organizations such as the Duluth Veterinary Hospital, the College of Saint Scholastica School of Nursing, and Sociedad Amigos de los Niños in Honduras. Karen also developed and led a wellness program for Duluth Medical Residents. Educational endeavors include emphasis on resilience, compassion fatigue, dealing with conflict, cross-cultural competency, ethics, and systems theory applied to leadership. Her present focus is on supporting people who help others, because she knows how hard it can be. Karen's book *Resilient and Sustainable Caring: Your Guide to Thrive While Helping Others* provides an array of strategies based on theory, experience, and interviews with veterinary professionals and others in helping roles around the world. Karen and her husband, Steve Schuder DVM, own a veterinary hospital in Northern Minnesota where they enjoy the beautiful outdoors.