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Short Bio About Tshidi

Tshidi is a Wellness Coach, Speaker, Author, Award Winning Wellbeing Educator and a Small Animal Veterinary Surgeon with over 20 years of clinical experience in almost all sectors of the veterinary industry. She holds a postgraduate Certificate in Small Animal Surgery & works in clinical practice.

She is an elected member of the Royal College of Veterinary Surgeons. She is the current Chair of the RCVS Diversity & Inclusion Committee and Lead for Global development. She is a passionate Burnout Prevention Advocate, supports Mental Ill Health initiatives within the veterinary community and trainer for Active Ally-ship and DEI work. She is also a trustee for Vets in Mind that creates triage tools & assessments for veterinary professionals.

Her process uses deep health as the basis for her Wellness Coaching & Stress Management practice. She is a mom of two and enjoys walking her dog along the beach for much needed rest & recovery.

