Mindfulness for Leadership Excellence

Program Overview

In a world where multi-tasking, digital distractions and continuous partial attention are the norm, it is challenging for 21st century leaders to find the time, energy and creativity to innovate. Fortunately, the practice of mindfulness - paying attention to the present moment with an attitude of open awareness - can wire your brain for leadership excellence even when you work in the trenches as a healthcare professional.

During this workshop, you will learn simple yet powerful mindfulness-based exercises that will cultivate the four fundamentals of leadership excellence: focus, clarity, creativity and compassion. Learn to lead from a place of choice, based on your values and expertise, rather than reactivity. You may also experience better health, a deeper connection with others, and a greater satisfaction with life - at work and at home.

Learning Objectives

- Define mindfulness and give examples of formal and informal practices
- Discuss the emotional, biological, and administrative benefits of practicing mindfulness for leadership excellence
- Integrate mindfulness-based techniques at work to cultivate focus, clarity, creativity and compassion

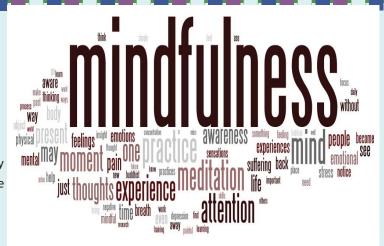
Click here to view the program agenda

About the Speaker



Heather Stang is a meditation teacher and yoga therapist who teaches nurses, physicians, and mental health professionals mindfulness-based techniques to improve mental focus, executive functioning, and cultivate emotional balance, while improving the quality of patient and practitioner self-care. She has offered mindfulness training for leadership and self-care to organizations that include the National Hospice & Palliative Care Organization (NHPCO), American Association of Occupational Health Nurses (AAOHN), Association of Death Educators and Counselors (ADEC) and the Maryland Healthcare Education Institute (MHEI). Heather holds a Master's Degree in Thanatology from Hood College, is an IAYT Certified Yoga Therapist, and holds three certificates from the Phoenix Rising Yoga School of Yoga Therapy. She is the author of Mindfulness & Grief, and is the founder of the Frederick Meditation Center in Maryland.

This educational activity is jointly provided by AXIS Medical Education and MHEI.



DATE/TIME

May 3, 2018 8:30 AM –3:30 PM

Registration and Continental Breakfast begin at 8:00 AM

LOCATION

Maryland Hospital Association Pierson Conference Center

6820 Deerpath Road Elkridge, MD 21075

PROGRAM FEE

Early Bird Member Discount \$249 (Register & Pay by April 3, 2018)

MHEI Member: \$349 (After April 3, 2018)

REGISTER

To register, please visit MHEl.org. Questions? Contact Kelly Yost, Manager of Programs & Membership:

410.796.6239; kyost@mhei.org

Who Should Attend

Clinicians of all specialties, nurses, physicians, care providers in formal or informal leadership roles, counselors & other health care professionals.



maryland healthcare education institute 6820 Deerpath Rd., Elkridge MD 21075 410.796.6239 (p) www.mhei.org

CONTINUING EDUCATION

Accreditation Statement



In support of improving patient care, this activity has been planned and implemented by AXIS Medical Education and MHEI. AXIS Medical Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

FERPROFESSIONAL CONTINUING EDUCATION

Credit Designation for Physicians

AXIS Medical Education designates this live activity for a maximum of 5.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Credit Designation for Nursing

AXIS Medical Education designates this continuing nursing education activity for 5.5 contact hours.

Learners are advised that accredited status does not imply endorsement by the provider or ANCC of any commercial products displayed in conjunction with an activity.

Quality Professionals

This program has been approved by the National Association for Healthcare Quality for 5.5 CPHQ continuing education hours.

Risk Management

This meeting has been approved for a total of 5.5 contact hours of Continuing Education Credit toward fulfillment of the requirements of ASHRM designations of FASHRM (Fellow) and DFASHRM (Distinguished Fellow) and towards CPHRM renewal. AXIS Contact Information.

For information about the accreditation of this program please contact AXIS at info@axismeded.org.

Disclosure of Conflicts of Interest

AXIS Medical Education requires instructors, planners, managers and other individuals and their spouse/life partner who are in a position to control the content of this activity to disclose any real or apparent conflict of interest they may have as related to the content of this activity. All identified conflicts of interest are thoroughly vetted by AXIS for fair balance, scientific objectivity of studies mentioned in the materials or used as the basis for content, and appropriateness of patient care recommendations.

The faculty reported the following financial relationships or relationships they or their spouse/life partner have with commercial interests related to the content of this continuing education activity:

Name of Faculty or Presenter Reported Financial Relationship

Heather Stang, M.A. Nothing to disclose

The planners and managers reported the following financial relationships or relationships they or their spouse/life partner have with commercial interests related to the content of this continuing education activity:

Name of Planner or Manager Reported Financial Relationship

Dee Morgillo, MEd, CHCP

Holly M. Hampe, D.Sc., RN, MHA, MRM

Nothing to disclose

Kelly Yost

Nothing to disclose

Disclaimer

Participants have an implied responsibility to use the newly acquired information to enhance patient outcomes and their own professional development. The information presented in this activity is not meant to serve as a guideline for patient management. Any procedures, medications, or other courses of diagnosis or treatment discussed in this activity should not be used by clinicians without evaluation of patient conditions and possible contraindications on dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities.

Americans with Disabilities Act

In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate your request. For any special requests, please contact MHEI at 410-796-6239 before the meeting dates.

Requirements for credit:

- Attend/participate in the educational activity and review all course materials.
- Complete the CE Declaration form online by 11:59 pm ET May 17, 2018. Instructions will be provided. If you do not enter the online portal by the above date, you will not be able to retrieve your statement of participation.
- · Upon successful completion of the online form, your statement of completion will be presented to you to print.