

ROLLING OUT RESILIENCY: QUICK TOOLS FOR REIGNITING YOUR TEAM



Do This...

- For your team's well-being
- For you and your own well-being
- For increased productivity and an ability to cope with change!

One-hour sessions | On your campus



Details

Resiliency, our ability to cope, is a critical skill for health care staff, clinical and non-clinical alike, to develop and use. According to Dr. Bryan Sexton, Duke University researcher the simple fact that we work in healthcare makes us more likely to feel "burned-out" in our roles. MHEI has incorporated research from the work of Dr. Sexton, as well as from Dr. Martin Seligman (positive psychology) into this valuable program. Using these efficient and effective resiliency tools, we are able to customize this program to meet your organization's specific challenges and strengthen your team's ability to cope on an individual as well as team level basis. As a result, you should see an increase in morale, teamwork, and engagement within your department and organization.

Objectives

- Define resilience
- Identify key resiliency-building tools
- Practice resiliency tools on an individual and team level
- Identify opportunities to incorporate resiliency tools in your department and organization

Scheduling

- Conveniently on your campus
 - Day
 - Evening
 - Night
 - Weekend
- Groups of 20 or less **1 hour**
More than 20, 1 ½ hours

Contact Info

Katrina Coleman, BSN, MSN
Leadership and Engagement Strategist
kcoleman@mhei.org

Lyndley O'Dell, MS, PHR, SHRM-CP
Leadership and Engagement Strategist
lodell@mhei.org

410-796-6204

www.mhei.org



Maryland Healthcare
Education Institute



@MDHealthcareEd