

# Rediscovering Gratitude and Resilience

## Program Overview

As part of celebrating Nurses' Week and Hospital Week, we invite you to join us for rediscovering gratitude and resilience!

Healthcare leaders and frontline staff are experiencing unprecedented challenges and changes. Tapping into gratitude is just one way to strengthen resilience as an individual, as well as with your team. In this engaging and interactive virtual session, we will examine your strengths, practice resiliency-building tools and share best practices to recharge.

## Program Objectives

1. Identify resiliency-building tools
2. Recognize gratitude as a key resiliency-building tool
3. Practice resiliency tools on an individual and team level
4. Identify opportunities to incorporate resiliency tools in your department and organization

## About the Speakers

Katrina Coleman, BSN, MSN

Katrina has been in the health care industry for 25+ years during which she has consulted and coached with hundreds of managers assisting them in developing and implementing skills to help them achieve their goal of running a productive and quality-driven department/unit. As a master's prepared nurse and an ATD-Certified Coach with many years of hospital experience behind her, Katrina understands the needs of leaders and staff as well as the environment in which they operate. Katrina's goal is to assist others in using their own talents and strengths to create quality outcomes.

Lyndley O'Dell, MS, PHR, SHRM-CP

Lyndley is a healthcare human resources professional with over 10 years' experience in various aspects of HR including talent acquisition, onboarding, employee engagement, employee relations, performance management and organizational development. Lyndley has experience partnering with healthcare leaders and guiding them through challenging situations as well as managing an HR team. In addition to holding two HR certifications, Lyndley is also certified through ATD's Improving Human Performance program. Lyndley is passionate about building collaborative relationships and offering customized strategies to help leaders and staff achieve results.



## DATE/TIME

Tuesday, May 12, 2020

10:00 AM – 11:00 AM

## WEBINAR

This program is now being offered virtually via Zoom teleconference!

## PROGRAM FEE

FREE to all current MHEI members (must register online)

## REGISTER

To register, please visit [MHEI.org](http://MHEI.org).

Questions? Contact Kelly Yost,

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