mhei
Maryland Healthcare Education Institute
Lead. Educate. Inform.

Rediscovering Your Joy

VIRTUAL TRAINING

WHEN

May 13, 2027
8:00 AM – 9:30 AM

PROGRAM FEE

FREE for MHEI Members

REGISTER

To register, please visit MHEI.org. After you register, you will receive the virtual training log-in instructions including meeting ID and password information.

Questions? Contact Kelly Yost, Manager of Programs & Membership: 410.796.6239
kyost@mhei.org

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Program Overview

You work in a highly complex and turbulent ever-changing environment that can deplete you emotionally, mentally and physically.
By participating in this session, you can embark on a journey toward rediscovering your joy and fulfillment that initially drew you to the profession.

Program Objectives

1. Reflect on why you chose healthcare in the first place
2. Identify tools to prioritize well-being
3. Create a supportive network to foster ongoing encouragement and accountability

About the Speaker

Katrina Coleman, BSN, MSN
Over the past 25+ years, Katrina has consulted and coached hundreds of managers in developing and implementing key skills to create focus on achieving goals and easing their busy schedules. Katrina is a master's prepared nurse and an ATD-Certified Coach.