MHEI PROGRAM

Refocus in the New Year

VIRTUAL TRAINING

WHEN

January 19, 2027
12:00 PM – 1:00 PM

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

REGISTER NOW



Program Overview

In today's demanding healthcare environment, leaders are constantly juggling competing priorities, rapid change, and emotional intensity. Over time, this can leave even the most experienced leaders feeling scattered, overwhelmed, and "frazzled."

This interactive FREE session helps healthcare leaders recognize when they're operating in a state of cognitive overload and provides practical, science-based strategies to regain clarity, composure, and focus—right in the middle of the chaos. Participants will learn how to reset, manage attention intentionally, and model calm, focused leadership for their teams.

Leaders will walk away with tools they can immediately apply to stay centered and effective, no matter how hectic the day becomes.

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.