



The Resilience Advantage: Skills for Personal and Professional Effectiveness

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The HeartMath System is an evidence-based methodology. The HeartMath Research Center, independent researchers and universities have published numerous studies that validate the HeartMath System.

Program Objectives:

- Define compassion fatigue, identify risk factors, signs, and symptoms and understand its impact on personal and professional wellbeing
- Discover techniques to strengthen resilience through research-based tools that help you increase personal resilience and energy levels
- Maximize your ability to think clearly under pressure and discern appropriate solutions to problems
- Develop your ability to maintain situational awareness
- Diminish symptoms of personal and professional stress such as confusion, fatigue and sleep disturbance
- Practice techniques to improve reaction times and coordination
- Understanding implicit bias and how Resilience Advantage skills help to remedy the negative impact to patient care and outcomes.

This program is open to all KP physician and staff and is offered in 1 cohort. Participants must be able to attend all session for program completion.

Dates:

Session 1: June 22nd, 0800-1200

Session 2: July 29th, 0800-1200

Session 3: August 4, 0800-1200

Location: Dan B Moore, Thrive Center

Food/Beverage

Light Snacks provided

Contact Hours:

CEU's pending

Wellness University Credits: 6

Course Instructors:

Pamela Spain, MA, CPXP

Sarah Sanderson, MS, RN

Bradley Thompson, PhD

Cynthia Niki Denton, BSN, RN, GERO-BC

Milanelle Tranchina, BSN, RN, PCCN, CMSRN

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