

# WELL-BEING WEBINAR SERIES

AUG. 24 | SEPT. 21 | OCT. 12 | NOV. 16 | JAN. 25

PRESENTED BY: JENNEL EVANS, MA, CMMI, CO-FOUNDER AND CEO, STRATEGIC INTERACTIONS, INC.

## TAKE A TIMEOUT FOR YOU!

This five-part webinar series will share mindfulness and meditation practices that will help all levels of healthcare professionals alleviate burnout and increase resiliency.

### WEBINAR 1

#### ***Strategies and Tools to Beat Burnout Now***

**Aug. 24 | 10:30 – 11:15 a.m. CT**

*(Zoom link will be sent to registrants 24 hours before each webinar)*

Participants will learn:

- Signs of burnout
- A two-phase strategic approach for alleviating burnout
- Easy to implement strategies and mindfulness tools that reduce stress, decrease causes of burnout and associated symptoms

### WEBINAR 2

#### ***Mindfulness Practices to Boost your Well-Being***

**Sept. 21 | 10:30 – 11:15 a.m. CT**

Participants will learn:

- What mindfulness means in everyday life, and how it enhances one's well-being
- Research-based benefits of practicing mindfulness
- Ten short mindfulness practices that alleviate stress and feelings associated with burnout\*
- Strategies for integrating mindfulness practices into one's life

### WEBINAR 3

#### ***Meditation Practices, Tools & Strategies to Alleviate Burnout***

**Oct. 12 | 10:30 – 11:15 a.m. CT**

Participants will learn:

- How practicing meditation alleviates symptoms of burnout and improves one's mental, physical and emotional health
- Different ways to meditate\*
- Short meditations that increase feelings of calmness in minutes\*
- Strategies and tools that make meditation easier to integrate into a busy healthcare professional's life

### WEBINAR 4

#### ***Strategies, Tools & Mindfulness Practices to Increase Resilience***

**Nov. 16 | 10:30 – 11:15 a.m. CT**

Participants will learn:

- Five ways to develop greater resilience\*
- How emotional intelligence strengthens resilience
- Specific mindfulness tools, practices and meditations that help develop resilience\*

### WEBINAR 5

#### ***Mindfulness Practices & Strategies to Recharge Your Purpose***

**Jan. 25 | 10:30 – 11:15 a.m. CT**

Participants will learn:

- Strategies for strengthening one's sense of purpose
- Tools for recharging and clarifying one's purpose
- Specific mindfulness practices that help reset one's sense of purpose\*

*\* Demonstrations included in webinars*



REGISTER AT: <https://cvent.me/NQvdXR>