

RECHARGE & RENEWAL[®]

FOR HEALTH CARE PROFESSIONALS



*Bringing Vitality and
Worklife Balance to
Health Care Providers*

Innovative learning events and consulting services to assist administrators and care givers at all levels to stay energized, avoid burnout, and renew purpose and passion for their careers.

TOPICS COVERED

in our Recharge & Renewal[®] offerings for Health Professionals

- ❖ Assessing your current levels of satisfaction, focus and energy for your work
- ❖ Staying balanced and focused in high activity environments
- ❖ Making the personal connection on a deeper level with patients and team members
- ❖ Dealing with conflicts and difficult or draining people
- ❖ Strengthening personal resilience and holding power for periods of high output
- ❖ Balancing your personal life with the demands of your job
- ❖ Recharging your energy on a daily basis

MARIE MORAN & COMPANY

is a Southern California based training and consulting company specializing in bringing excellence, ease, accountability and effectiveness into today's workplace. Our cutting edge **Recharge & Renewal[®]** workshops feature proven tools and techniques to increase individual holding power and "pressure management" in high output professions. Our highly experienced facilitators are themselves demonstrations of how **Recharge & Renewal[®]** principles assist with work/life balance, presenting each workshop in an engaging, inspiring and fun style.

Marie Moran & Company clients include both entrepreneurial and Fortune 500 companies in diverse industries. We have a special passion for and commitment to the health care industry, with over a decade of experience assisting clients such as St. Joseph Hospital, Golden Living Centers, Pfizer, Blue Cross and Physiotherapy Corporation.



WHAT PARTICIPANTS LEARN AT RECHARGE & RENEWAL[®]

During the **Recharge & Renewal[®] for Health Care Professionals Workshop**, participants learn to assess and prioritize their own physical, spiritual, and emotional health to better prepare themselves to provide high quality care to others. They learn to use our unique **7-D Model for Recharge & Renewal[®]** to identify and eliminate drains and distractions that tend to zap their energy and focus on the job.

Participants explore powerful techniques for moving beyond old patterns — such as worry, guilt, communication barriers, stalled decision-making, or "super-person complex" — that put them at risk for exhaustion and job burnout.

Attendees learn tools to stay balanced when the pressure goes up, rather than stressing and rushing, which can lead to errors. They learn specific ways to establish and sustain a healthier work/life balance. Participants also take away empowering techniques for connecting rapidly with others on a deep level, communicating with greater clarity, and dealing with difficult situations and people.



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& COMPANY

RECHARGE & RENEWAL® for Health Care Professionals

With soaring costs to recruit and train new staff, the pressures to do more with less, and the competing demands of providing quality care while making a profit, few professions are as demanding today as the health care industry.



Our cutting edge **Recharge & Renewal®** for Health Care Professionals services are designed by nationally renowned workshop facilitator Marie Moran. We assist health professionals to find more focus, fulfillment, and recharge and renewal in their challenging careers. We provide training, coaching and organizational consulting services that reconnect health care personnel at all levels to their passion and commitment for their work, so as to ensure quality and personal excellence.

RECHARGE & RENEWAL® IS FOR:

- ❖ Frontline clinical personnel
- ❖ Leaders responsible for the well-being of professional health care teams
- ❖ Nursing, physician and administrative managers



RECHARGE & RENEWAL® for Health Care Professionals

4-DAY WORKSHOP OUTLINE

DAY ONE

- **Recharge & Renewal®** Self-Assessment: Stepping back for perspective on the landscape of your work life
- Root causes of burnout that impact connections with others, motivation, and quality of work
- How to recognize energy drains and distractions
- Tools to enhance resilience and recharge your enthusiasm on a daily basis
- One-on-one coaching sessions

DAY TWO

- Three Spheres of Leadership: Pinpointing your focus areas
- Using the 7D Model to map your path for growth
- Ways to deepen your level of connection and exchange with others
- Techniques for communicating with more clarity and impact
- Holding your alignment under pressure, especially during conflict, change and high pressure

DAY THREE

- Techniques for clearing difficult communication barriers
- How to give feedback and ask for what you want
- Relaxation techniques to increase productivity and quality in your work
- Identifying habits that sap your time and energy
- How to analyze your time and energy use and sustain **Recharge & Renewal®** momentum
- One-on-one coaching sessions

DAY FOUR

- Ongoing tools for accelerating your **Recharge & Renewal®** process
- Becoming a Learning Leader for your team
- Initiating **Recharge & Renewal®** practices within your organization
- Managing resistance to change in yourself and others
- Benchmarks for you, your team and organization

BENEFITS TO YOU AND YOUR ORGANIZATION

- Increased employee retention
- Fewer costly mistakes due to stress, distraction and miscommunication
- Greater patient satisfaction and more referrals
- Enhanced morale, motivation and accountability among team members
- Increased individual accountability for quality on the job
- Enhanced quality of patient care



ADDITIONAL AVAILABLE FORMATS FOR RECHARGE & RENEWAL®

In addition to the comprehensive 4-day workshop described above, the cutting-edge content of **Recharge & Renewal® for Health Professionals** is available for individuals and teams at all career levels.

- ❖ **1-Day Workshop for Health Professionals**
- ❖ **Off-site Retreat for Health Professionals**
- ❖ **Self-Study Course**

WE ALSO OFFER:

- Customized in-house seminars and workshops
- Speaking engagements and roundtables
- Consulting to health care leaders and organizations
- One-on-one coaching for high profile leaders

2010 WORKSHOP SCHEDULE

RECHARGE & RENEWAL[®]

for Health Care Professionals



4-DAY REVITALIZING WORKSHOP

*Renew your passion, commitment
and fulfillment at this dynamic
small group retreat.*

Limited to 8 enrollments. | **TUITION: \$1,800**
Includes workbook, materials and workshop meals.

JANUARY 12–15, 2010

APRIL 13–16, 2010

LAGUNA BEACH, CA

SEPTEMBER 28–OCTOBER 1, 2010

ATLANTA, GA AREA

For information or to register:

888.284.2442

info@mariemoran.com

*All major credit cards accepted.
In-house seminars also available.*

MARIE MORAN
& COMPANY

Laguna Beach, CA
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Recharge & Renewal[®] for Health Care Professionals

Registration Form

Workshop Participant

Name: _____ Title: _____

Company Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____

Billing Contact (If different from participant named above.)

Please provide contact information for the person to whom we should address the tuition invoice.

Name: _____ Title: _____

Company Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____

Recharge & Renewal[®] for Health Care Leaders (Please check one box below.)

- | | |
|---|-------------------|
| <input type="checkbox"/> January 12-15, 2010 | Orange County, CA |
| <input type="checkbox"/> April 13-16, 2010 | Orange County, CA |
| <input type="checkbox"/> September 28-October 1, 2010 | Atlanta, GA |

Fee: \$1,800 per person (Includes course workbook, materials and workshop meals.)

Method of Payment (Please check one box below.)

- Payment by check. Please invoice me at the **Billing Contact address** above.
- Payment by **MasterCard, VISA, Discover or American Express**. Please call me for my credit card information.

Please Note Our Cancellation Policy

- Up to 60 days out: You may cancel or transfer your enrollment minus a \$100 re-registration fee.
- 59-30 days out: You may cancel or transfer your enrollment to another workshop date minus a 50 percent re-enrollment fee of \$900. Or, you may transfer your enrollment to another individual; a \$100 re-registration fee may apply.
- Less than 30 days out: You may transfer your enrollment to another individual for the class in which you are enrolled. A \$100 re-registration fee applies if a second registration package must be sent. Otherwise, 100% of tuition is forfeited for failure to attend.