

# Taking Charge of Your Own Well-Being

## The Leader's Role in Managing Workplace Pressure

### 2-HOUR CONFERENCE OR LEADERSHIP TEAM PRESENTATION

With soaring costs to recruit and train new staff, the pressure to do more with less, and the requirement to meet ever-changing regulatory requirements for high quality care, few professions are as demanding as the health care industry! Leaders who manage patient-facing staff are challenged every day to maintain high morale, motivation and accountability among team members — all within environments where elevated pressure is the norm!



This impactful **two-hour presentation** is designed to introduce practical tools and techniques for effectively managing workplace pressure — both one's own and as a group leader.

**Appropriate For:** Individuals and leaders responsible for health care teams, including nursing, physician and administrative managers.

### PRESENTATION TOPICS

- The unique workplace challenges in health care
- High costs and high stakes of stress and burnout
- The Leader's Role in taking charge of team well-being
- Signals and symptoms to watch for (which you may be misinterpreting)
- Identifying underlying issues/root causes to address
- Daily tips for avoiding burnout and managing stress
- Best team practices to reduce stressors

For More Information and Pricing for Your Conference Presentation

**Please Call 888-284-2442**

to speak to one of our knowledgeable staff.