

# Avoiding Burnout & Managing Workplace Pressure

## 2-DAY RECHARGE & RENEWAL® IN-HOUSE SEMINAR

This two-day revitalizing seminar is targeted for frontline clinical personnel and team leaders working in today's high pressure, high-output, and rapidly changing health care environments.

Participants identify specific factors which contribute to personal and workplace stress and burnout. They then learn ways to implement personal balance tools and practices to reduce the negative effects of prolonged pressure, change and uncertainty. During practice exercises, participants learn proven communication and conflict tools for handling difficult situations with patients, co-workers, physicians and other stakeholders. They come away with enhanced personal energy, increased motivation and teamwork, improved service quality and communication skills, plus the ability to maintain an uplifting presence on the job.



**Appropriate For:** All levels, from front-line clinical personnel to leaders managing the wellness of their workforce.

## SEMINAR OVERVIEW

- **Day One** content focuses on self-assessment, and building new routines to *Recharge Your Battery* and avoid burnout.
- **Day Two** covers selected change, conflict and communication challenges pertinent to the group, and ways for managers to establish the correct environment for recharge and renewal.

## SEMINAR FEATURES

- 2-day Seminar format accommodates up to 25 people; or Workshop format accommodates 6 to 12
- Includes two trainers, one of whom has Clinical Management experience and provides health care context
- Participant materials (for up to 25)
- Pre-workshop conference call with sponsor to tailor the workshop to the group
- Standardized sample communication templates to assist with event announcements and logistics
- Post-workshop call with the sponsor to debrief and discuss reinforcement

**Additional consulting services** available to enhance the seminar process include: One-on-one coaching sessions for participants or team leaders, and pre- and post-seminar *Recharge & Renewal® Surveys* in order to benchmark the change. Also available is further customizing for department or division-wide rollout. Pricing for these additional services is provided on request.

For More Information and Pricing for Your In-House Seminar

**Please Call 888-284-2442**

to speak to one of our knowledgeable staff.