

Preventing Burnout in Healthcare: Strategies for Well-Being and Resilience

Instructor: Theresa Raphael-Grimm, PhD, PMHCNS-BC

Length: 2 hours

Program Description: This program aims to provide participants with practical strategies to recognize, prevent, and combat burnout while fostering resilience and well-being.

Learning Objectives: At the end of this program, participants will be able to:

- Understand the key factors contributing to burnout in healthcare professionals
- Recognize the Signs and Symptoms of burnout
- Explore evidence-based strategies and techniques to manage stress and prevent burnout
- Discuss ways to create a culture of support within healthcare teams that promotes well-being and reduces burnout

Audience:

RNs and other healthcare professionals