

Building Resiliency: Caring towards Self and Others in the Contemporary World of Work
Eileen T. O'Grady November 14, 2019

Overall Objective: The Learner will be able to apply strong and personalized evidence-based tools in order to make long lasting, intentional changes in personal and professional life in caring towards self and others.

Objectives for the event

1. Discover evidence-based practices from a wide range of disciplines on caring towards self and others.
2. Review how to promote resiliency through the therapeutic use of self.
3. Explore tools to promote caring towards self and others.

7:30-8:00 Registration

8:00-11am Caring towards Self

Objectives for the morning Session:-Caring towards Self

1. Examine at least 5 different tools to promote self-care
2. Discover the hidden drivers that promote and obstruct goal attainment
3. Analyze an immunity to change map.

8-9:30

Ain't it Awful? (affirm what they may be experiencing)

Current environment

Chronicity

Complexity

Provider Well-being

IHI Joy in the workplace

JAMA 3 domains of wellbeing

The Caregiver Archetype

Exercise: a time you were brave

Extreme Self-Care: Promote Resiliency

The 3 Marriages

Blue Zones

PERMA- Wellbeing Model (using strengths)

Bedrock Behaviors

Saying NO

Boundaries Exercise: What boundaries do I need to set?

Break 9:30-9:45

The North Star

Dante's Inferno- remembering your why
Science of goal setting and attainment
Immunity to change exercise

11:00-12:00 Noon Break

12:00-3:00 Caring towards Others

Objectives for Afternoon session: Caring towards Others

1. Define therapeutic self in relation to healthcare role
2. Compare and contrast triage system for dealing effectively with difficult others
3. Discover stages of adult development and how to become highly accountable

12-1:30 Resiliency: Therapeutic Use towards Self

Definition of a therapeutic Self
Brene Brown Short film on empathy
We are our relationships

Conversational Leadership

Triaging difficult others
Exercise: identify the 80/20 difficult others(s) in your life.

1:30-1:45 Break

1:45-3 PM Becoming highly accountable

Growing old vs growing wise: moving away from approval seeking towards self-authorship.

Exercise: TBD