



Building Resiliency: Caring towards Self and Others in the Contemporary World of Work

Speaker: Eileen T. O'Grady Ph.D., RN, NP

Program Schedule

7:30 am Registration

8:00 am Welcome and Overview

8:05 am Ain't it Awful?

- Current environment
- Provider Well-being
- Extreme Self-Care: Promote Resiliency

9:30 am Break

9:45 am The North Star

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

11:00 am Lunch (on your own)

12:00 pm 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 pm Break and Exhibitors

1:45 pm Becoming Highly Accountable

- Growing old vs growing wise
- Moving away from approval seeking towards self-authorship
- Exercise: TBD

3:00 pm Evaluation and Adjourn