



## It's time to focus on you – Virtual Live RENEWAL Workshops can help you refresh and reset

 **PRESBYTERIAN**

### What are Renewal Workshops?

**Renewal Workshops** help participants create a new professional strategy to offset the demands of the fast-paced, 24/7/365 healthcare environment. Designed to bring resiliency support to front-line clinicians, these **virtual live workshops** give team members the opportunity to explore the primary external and internal components that lead to burnout, fatigue and disengagement. Participants will evaluate their current level of physical and emotional wellness and the conditions that have impacted both. This self-reflective and insightful look will allow participants to build a sustainable model of professional success and personal satisfaction.

### What will participants learn?

Participants will learn to secure the essential tools and support they need to succeed, both personally and professionally. The primary focus of these workshops is to help participants build a solid foundation of self-care and personal wellness that allows them to proactively manage the demands of their work and create a reliable process of rejuvenation.

### How much does it cost?

There is no cost to attendees for the course, thanks to generous funding from the Presbyterian Healthcare Foundation and Presbyterian Medical Group.

### Do I have to request time off to attend?

For scheduling purposes, please ensure that your shift is covered for the hours you will be attending the workshop. You will be paid for your time that day.

### Workshop Details

**One workshop spread over three dates**

**March 31 | April 21 | May 19**

**1:00 - 3:00 p.m.**

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To register, please visit the [LMS](#).

**Registration Deadline: Wednesday, March 23, 2022**

This program offers CNE credits.

Must attend all sessions.

### Five Essential Outcomes of the RENEWAL Experience

This program is designed to enable participants to:

1. Create a stronger personal wellness and endurance base that helps prevent burnout and offsets the relentless demands of working in healthcare.
2. Live as “healthcare athletes” who balance work, rest, recovery and rejuvenation.
3. Learn to refresh and reset – physically, emotionally and mentally – on a daily basis.
4. Master interval time-bundling to recover energy needed to thrive in all dimensions of life.
5. Operate from True North and be fully present in the moment with family and friends.



### What Participants Are Saying

*This program made me feel valued as an individual and employee of the Presbyterian organization.*

*Loved it! Felt beneficial and learned some tools for my well-being. Realized we are all just people with problems and we all show up at work and give 100%!*

*This workshop helps you get back to who you were before the stress and chaos of the job took hold of you and you lost yourself.*

*Great presentation. Great presenter. Enjoyed it overall and will have a positive impact in my life.*



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