

Unbreakable Me: Bouncing Forward, Not Back!

Facilitated by Gerard Murphy, Barefoot Facilitation Inc.

As a care provider, you live to take care of others. You spend years caring for people at work and often at home. But how well do you take care of that one special person, YOU?

If you plan to have a long and rewarding career you have to make sure that you are taking care of your body, mind, and soul. You know this, right? But how well do you practice it?

Although you cannot always change circumstances or situations you find yourself in, you can change the way you think about these situations and how you choose to behave. You can develop skills to make yourself more likely to bounce forward rather than fall back. With the uncertainty, transition, and reorganization associated with health care professions, resilience is more important than ever if today's nurse is going to thrive.

Topics:

- Explore the qualities of a highly-resilient care provider
- Discuss the health benefits of building resilience.
- Learn practical tips and tools to deal with stress, compassion fatigue and burnout.
- Explore strategies to enhance wellness and resilience, both at work and in your personal life.
- Complete an individualized "Unbreakable Me" Action Plan.

Course Dates:

This course will be offered virtually through Zoom at no cost for participants or organizations. Once registered the Health Care Human Resource Sector Council will send out the Zoom link to participants.

November 2nd, 2021 - 12:30pm - 4pm

Please visit <https://hcsc.ca/training-and-development/> to register
Contact admin@hcsc.ca if you have any questions.