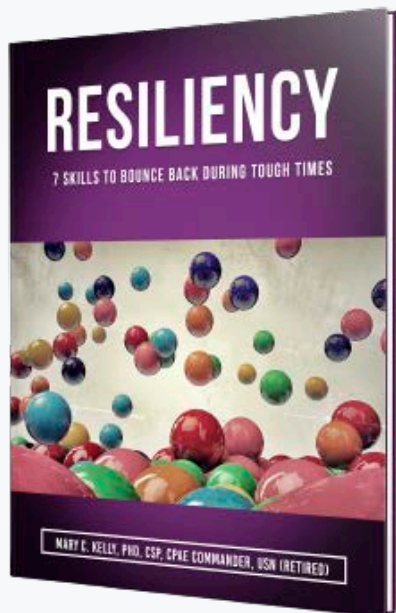


CPR for Your Hospital Professionals: 7 Skills to Bounce Back During Tough Times



Right now, medical professionals are stressed out and burned out. This program is more than just team-building. It's designed to provide participants with the tools they need to cope with exhaustion, worry, and feelings of helplessness. This program helps attendees take ownership of their roles and responsibilities at all levels, and bounce back.

According to the 2020 Mental Health of Healthcare Workers Study, your team is "stressed out and stretched too thin."

- *93% of health care workers were experiencing stress
- *86% reported experiencing anxiety
- *77% reported frustration
- *76% reported exhaustion and burnout
- *75% said they were overwhelmed
- *Less than 16% feel supported by their supervisor

Without intervention, healthcare workers will leave their chosen profession in less than 2 years.

They need CPR= **C**ompassion, **P**atient-centered leadership, **R**esiliency

Participants will:

- Rejuvenate, regenerate, and reignite their love for what they do
- Bring back the focus on patient-centered care
- Be able to cope with the increasing and changing needs of their job

Specific takeaways include:

- Understanding the 6 stages of any crisis, challenge, or change, and why healthcare professionals need to be in stage 6 (most are in stages 3 and 4)
- Use The Five Minute Leadership Guide to destress and plan for daily challenges and anxiety
- Renew the sense of gratitude on a daily basis using the 5-Minute Gratitude Plan
- Prioritize what is important and accomplish what needs to happen with the 5-minute Focus Plan



Meet Dr. Mary C. Kelly...

Certified Speaking Professional, Economist, Retired Naval Commander

Mary speaks and advises on leadership and economic development during times of change, challenge, and crisis. Mary inspires, engages, and entertains while providing tools, techniques, and actionable takeaways in every program. Mary spent 25 years on active duty in the Navy, and is a Hall of Fame Speaker and author of 15 leadership and business books.