

TOOLS TO DECREASE BURNOUT AND INCREASE RESILIENCY IN THE WORKPLACE



Thursday, October 22
12:00PM - 1:00PM

Lakeland Auditorium

Cost: \$5 per person (includes catered lunch)

Space is limited!

Please register in advance to guarantee meal.

Presenter: Amber Chevalier

Learn simple tools and exercises developed by world renowned workplace burnout and resiliency expert, Bryan Sexton, Ph.D., Director of Patient Safety Center, Duke University Health System, to use and implement in your worksite, lowering burnout and depression, creating a better work-life balance, and minimizing conflict at work.

Resilience WILL help you be prepared mentally for whatever comes your way - whether taking on an increased workload, dealing with difficult co-workers, or dealing with other workplace challenges.

Resilience will not only help you survive in the workplace, it will help you thrive!

To register, please contact Amber Chevalier:
amber.chevalier@rice.willmar.mn.us or 320-231-4396



Rewind. Revive. Renew. ReYOU!



Move More. Eat Better. Together.