

Leading A Resilient Healthcare Team



Leadership
Squared





Today's Objectives

- Define stress, burnout, fatigue, and resilience
- Name the chief causes of stress among healthcare workers
- Describe the way to re-channel energy to increase resilience
- List the steps that leaders can take immediately to reduce build resilience for the future
- **Save lives and preserve health!**

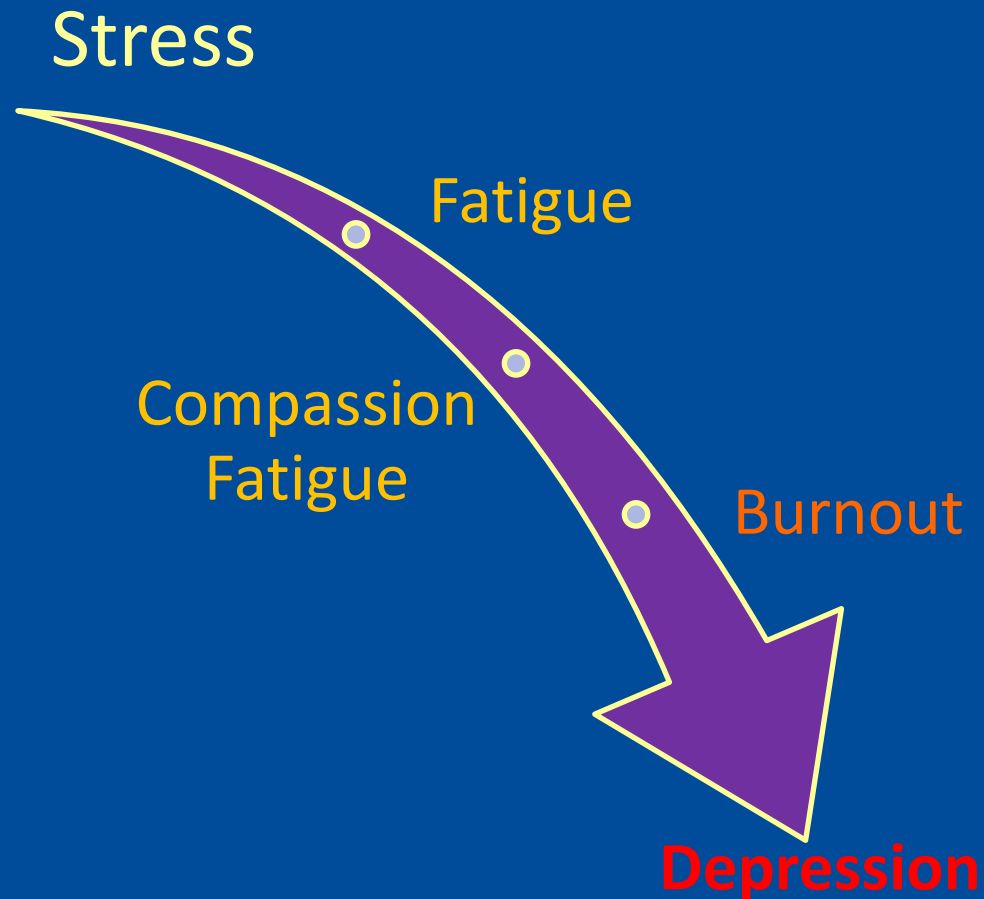
Agenda

- The Problem
- Definitions
- Physical solutions
- Mental Solutions

Why Care?



The Cycle



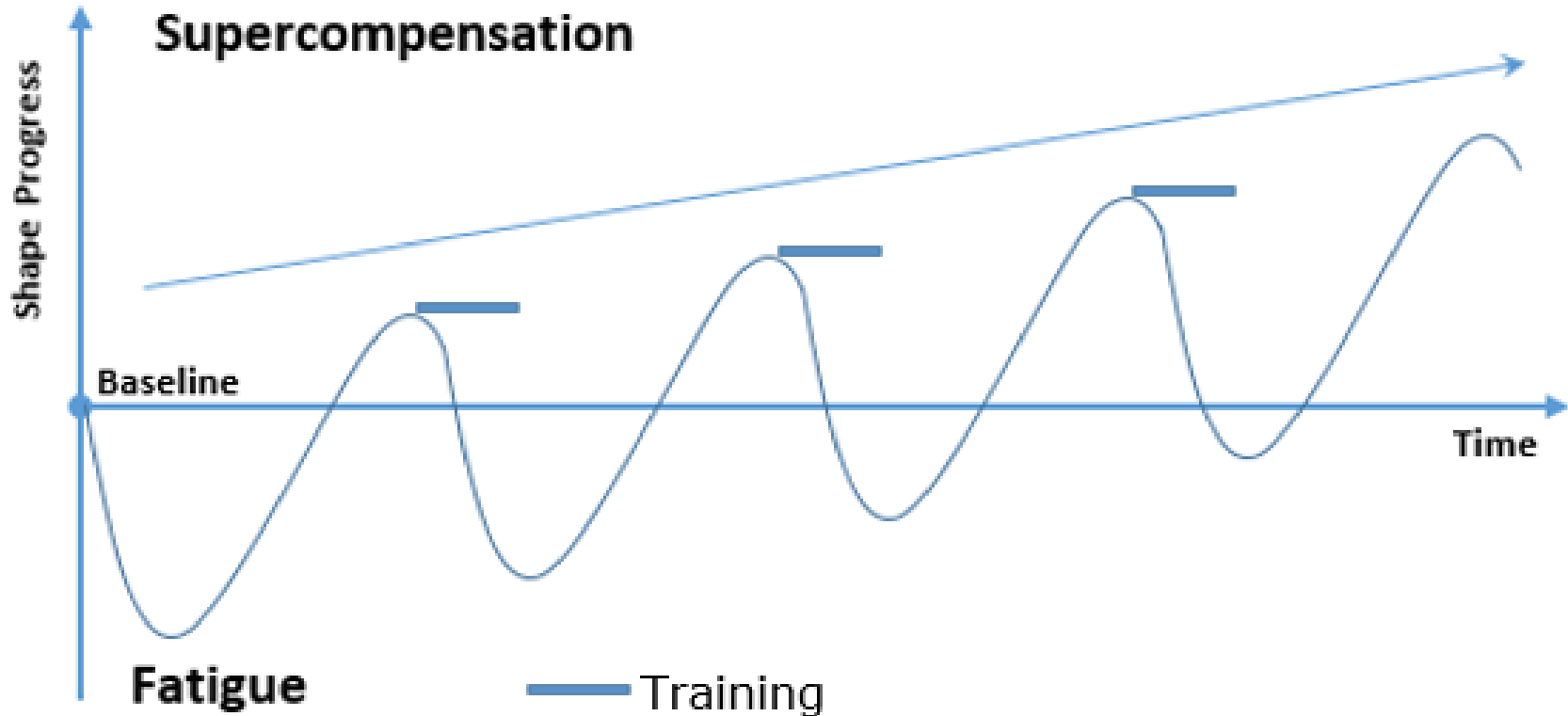
True or False?

**To eliminate burnout,
employers need to
reduce or eliminate
stress.**

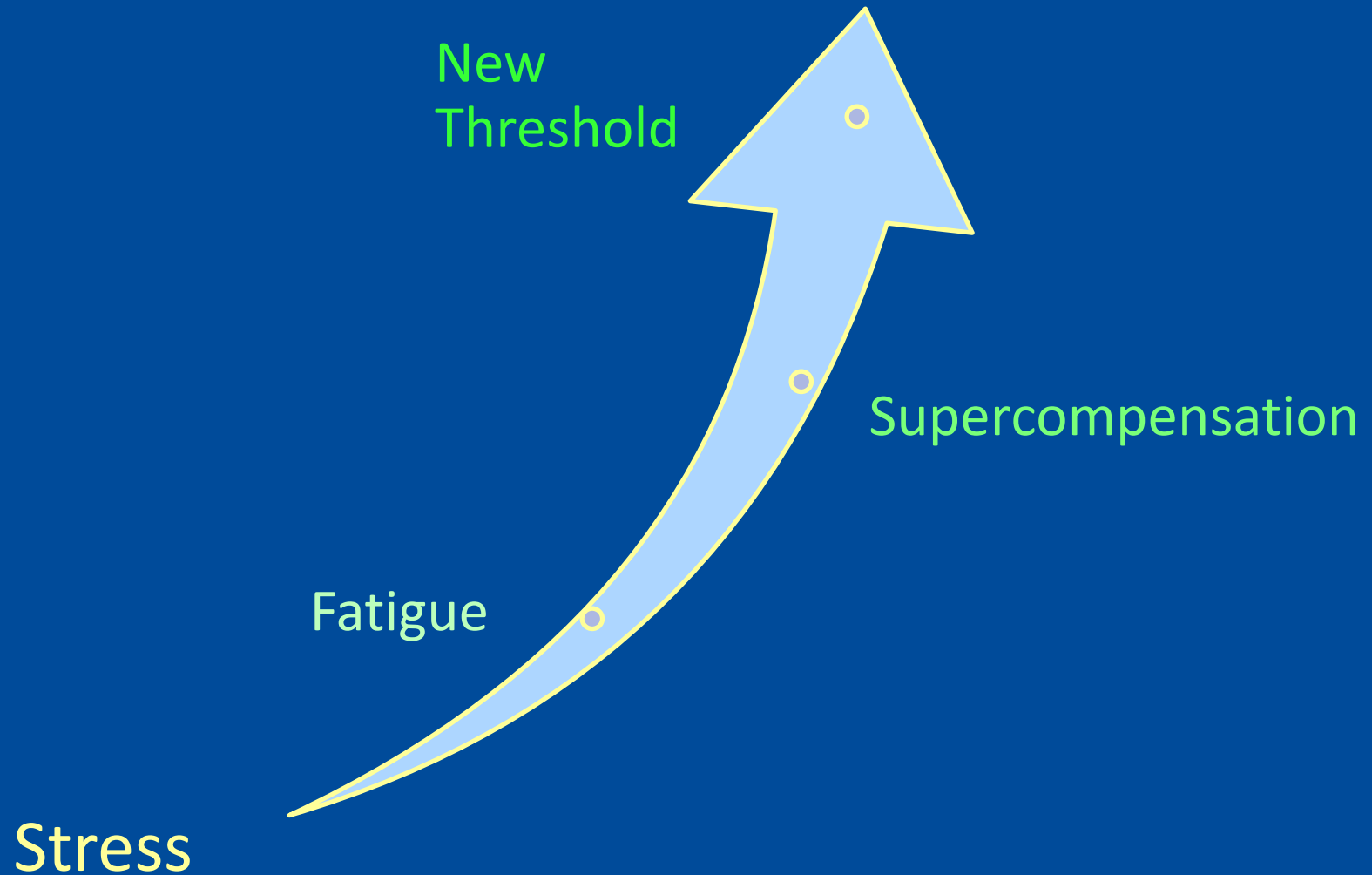
Eliminate Stress?



Stress/Recover/Adapt



The New Model



The New Model

- Physical Strategies
- Mental Strategies
 - Ritual
 - Purpose
 - Strengths
 - Autonomy
 - Development
 - Teamwork

Cognitive Reframing



Physical



Mini-Recovery



Growing Capacity



GREG WENES / BUTCH
K. WASTINGS / CESAR
ANSON RUNNELLS / POLL
E. ANDOPOLOUS / BEUC
PHIL DAVIS / A. J.
TANNER CHELES / FALCON
DAN LECTER / WHISKEY



Questions?



Feedback, Please!

