

# WELLBEING WORKSHOP FOR HEALTHCARE PROFESSIONALS



## This Program is For:

- Clinical Nurses
- Nurse Educators
- Nursing Supervisors,
- Nurse Administrators
- Hospital Guest Relation Staff
- Front Desk and House keeping staff

**Duration of the Course:**  
Four Days Program / 16 hours

**Mode of Delivery:**  
On-site / Virtual



The healthcare workforce faces a myriad of stressors and sources of dissatisfaction, including financial pressures impacting staffing and workload, and the relentless demand to deliver quality patient care under increasing constraints. These challenges often force healthcare professionals, particularly nurses, to devote more time to administrative tasks and less to patient care, exacerbating their stress and dissatisfaction.

Through our workshop, we utilize proven industrial research methods to assess and improve various aspects of nurses' comprehensive happiness levels. Our approach includes evaluating and enhancing factors such as health concerns, friendly relationships, self-worth, altruism and Self-care, vitality, positive emotions, personality development, life satisfaction, and managing negative emotions.

Empower Yourself Today: Investing in your well-being is a SMART strategy for achieving success and satisfaction in your professional life. By participating in our workshop, you will gain the tools and knowledge necessary to manage stress, improve your work-life balance, and enhance your overall happiness.

Are you ready to transform your well-being and career? Enroll now in our Nurses'/Healthcare Providers' Wellbeing Workshop: Beyond Burnout Management and take the first step towards a more balanced, fulfilling, and successful professional journey.

## Key Learnings:

Join our Wellbeing Workshop for Healthcare Professionals: Beyond Burnout Management and embark on a transformative journey to rejuvenate your professional and personal well-being. Recognizing the crucial role of nurse wellbeing in enhancing both qualitative and quantitative healthcare outcomes, this program is designed to address the unique stressors faced by healthcare professionals.

### Key Components of the Workshop:

- **Health Concerns:** Learn strategies to manage and mitigate health-related stressors, promoting physical and mental well-being.
- **Friendly Relationships:** Foster supportive relationships within your professional network to create a more positive and collaborative work environment.
- **Self-Worth and Altruism:** Build self-confidence and find renewed purpose in your altruistic efforts, enhancing your sense of fulfillment.
- **Vitality and Positive Emotions:** Discover techniques to boost your energy levels and maintain a positive outlook, even in challenging situations.
- **Personality Development:** Engage in activities designed to develop your personality traits, making you more resilient and adaptable.
- **Life Satisfaction and Managing Negative Emotions:** Explore methods to increase overall life satisfaction and effectively manage negative emotions.