Building Resilience

Tuesday, October 13, 2020

EXCITING NEW VIRTUAL PROGRAM!

As cases of burnout among healthcare workers continue to spike—due in part to the added stress associated with COVID-19, resilience remains a top-cited antidote. Join your colleagues for this new virtual program on Building Resilience, part of CHA’s Leadership Development series.

This interactive, virtual session will present information on the elements of resilience, the science of how the human brain works when encountering a threat or reward, and strategies that can be utilized to increase personal resilience.

This program is designed to help all healthcare professionals combat burnout that impacts both personal and organizational development. **Space is limited, be sure to register today!**

**Program:**
11:00 a.m. - 12:30 p.m.

**Presenter:**
Sarah Campbell Arnett, MA, NCC, BC-DMT, Certified Coach, has worked in healthcare for almost 25 years. She is certified as a corporate coach through CoachU. Ms. Arnett currently works as a Manager of Change at Cone Health in Greensboro, North Carolina. She facilitates executive leadership training and coaching for teams and individuals. Sarah is a popular presenter, who has provided management development programs to CHA members for several years.

For additional information, contact CHA Education Services at 203-294-7263 or educationservices@chime.org.

**Registration:**
$100 per person for CHA members.
$150 per person for non-CHA members.

This program is administered through CHA’s education affiliate.