

**Start Date: 10/13/2021 9:00 AM**

Refueling the Heart:  
Are You Running on Empty?

Wednesday, October 13, 2021  
9:00 a.m. – 4:00 p.m. CDT

RWHC Office & Training Center  
880 Independence Lane, Sauk City

Registration Deadline: September 22 nd

FEE:

RWHC Member & Affiliate Member:  
\$160 per person  
Non-RWHC Member:  
\$190 per person

Fee includes program handouts and refreshments/snacks. Lunch is on your own.

0.6 CEUs

RWHC is a CEU provider through the Wisconsin Society for Healthcare Education & Training (WISHET)

Presenter: Cella Janisch-Hartline, RN, BSN, Nurse Nursing Leadership Senior Manager, PCC  
Certified Professional Coach, RWHC

Program Description:

Where oh where did the passion go, oh where oh where can it be? Do you find yourself running on fumes? If you have found yourself or your employees asking these kinds of questions then this workshop is for you. Many of us suffer in the daily grind of so many responsibilities that our passion meters are running on empty as there is little left to give. We can find ourselves just going through the motions of the day to day responsibilities. If this is the case, work productivity suffers, impacting the departments function and efficiency. Personal exhaustion comes with a heavy price tag for our organizations and our people. In this interactive and self-reflective workshop, we will take a look at the phenomenon of job burnout, strategize on tips and techniques to refuel the heart and re-energize life so that everyone can bring the best that they have to offer to the workplace.

Workshop Objectives:

Participants will be able to:

- Define and assess personal risk factors for job burnout