



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

Target Audience: Healthcare leaders and their employees

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 reenergize life so that everyone can bring the best that they have to offer to the workplace.

Program Objectives

Participants will be able to:

1. Define and assess personal risk factors for job burnout
2. Determine personal tips and techniques to heal the heart
3. Identify at least five ways to increase personal energy
4. Identify at least five ways to increase departmental energy
5. Generate at least four ideas for infusing play and creativity into your life and your department

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If you would like more information, please [email Education Services Manager, Carrie Ballweg](#), or call 608-643-2343.

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