



Wellbeing Workshops Series

1. Communication Strategies for Stressful Conversations

- a. It can be incredibly challenging to face stressful and psychologically stressful interpersonal situations at work. In this training, participants will learn how to approach and successfully navigate emotionally charged conversations with others - whether that is a direct report, peer or direct supervisor. Strategies on verbal and non-verbal assertive communication will be presented with an emphasis on using empathy and other communication skills to reduce tension, improve rapport and working relationships, and set healthy boundaries.
- b. Topics Include
 - i. How stress emotionally hijacks the brain and influences communication
 - ii. Strategies to reduce tension and increase empathy
 - iii. Communication techniques for high stress conversations, including nuances for different authority levels within the organizations

2. Moral Injury in Healthcare

- a. Moral injury is a newer concept in psychology and focuses on the physical and emotional impact of experiencing actions and situations that violate one's long-held values, morals, and beliefs. This training will focus on presenting a definition and understanding of moral injury that can be easily used in day-to-day interactions. Participants will learn how moral injury occurs in healthcare and how to start the healing process.
- b. Topics include:
 - i. The difference between burnout and moral injury
 - ii. History of moral injury
 - iii. How the pandemic exacerbated moral injury amongst healthcare professionals
 - iv. Is there an agreed upon treatment for moral injury?
 - v. Strategies to address moral injury in yourself and in others

3. Healthy Boundaries for Improved Self-Care

- a. In this training, participants will learn about various types of boundaries, including how boundaries can be used to successfully engage in self-care, take meaningful and rejuvenating time off, and set the stage for healthier interactions at work and in our personal lives.
- b. Topics include:
 - i. Exploring types of boundaries
 - ii. Obstacles to setting healthy boundaries
 - iii. Using healthy boundaries to improve self-care and interactions with others