



# Workforce Resilience Webinar Series



**FOUR-PART  
WEBINAR SERIES**  
(SEE DATES BELOW)



**NOON - 1:00 P.M. CT**



**[CLICK HERE TO REGISTER](#)**

The Kansas Hospital Association is pleased to announce the launch of the Workforce Resilience Series. The four-part series will be led by well-known health care workforce resilience expert Bryan Sexton, PhD, associate professor and director of the Duke Center for Healthcare Safety & Quality at Duke University Health System. The program provides evidence-based burnout solutions, including skills and tools, to enhance caregiver resilience.

**Measuring and Understanding  
Resilience, Work Life Integration, and Burnout**  
**Recording Available**

**Enhancing Resilience: Three Good Things**  
**Recording Available**

**Enhancing Resilience:  
Practicing Safe Stress and the Science of Sleep**  
**Recording Available**

**Science of Wow:  
Cultivating Awe and Wonder as a Resilience Strategy**  
**Thursday, December 16**





# OVERVIEW

A critical piece of delivering safe, effective care is a skilled and resilient healthcare workforce. Across the nation, caregivers are reporting high levels of burnout, with over half of physicians and one-third of nurses reporting they feel burned out from their work. Burnout is linked to higher rates of depression, substance abuse, anxiety, physical illness, divorce and suicide. Enhancing health care worker resilience has been identified by KHA's Workforce Committee as a top priority for Kansas' hospitals.

## SESSION DESCRIPTIONS

### **Measuring and Understanding Resilience, Work Life Integration, and Burnout** **Thursday, March 18**

The absence of something bad (burnout) is not the same as the presence of something good (resilience). During this webinar, Bryan Sexton, Ph.D. demonstrates the links between well-being metrics and shows how they vary at the individual and the work setting level. Your burnout may have more to do with your colleagues than you thought.

### **Enhancing Resilience: Three Good Things** **Wednesday, June 23**

Three Good Things is the most popular of our resilience tools. This simple, enjoyable and remarkably effective tool can be used for 10-15 days, with measurable improvements across a variety of resilience metrics that endure for over a year. During this webinar, Bryan Sexton, Ph.D. demonstrates how to use the Three Good Things tool and the positive effects it can have on your individual life.

### **Enhancing Resilience: Practicing Safe Stress and the Science of Sleep** **Thursday, September 16**

What should you eat on a stressful day? How long is a good nap? The answers might surprise you. On this webinar, we recognize, anticipate and respond to human limitations associated with sleep deprivation.

### **Science of Wow: Cultivating Awe and Wonder as a Resilience Strategy** **Thursday, December 16**

A feast for the eyes, this highly visual and image-driven webinar summarizes and demonstrates the benefits of the emotion of awe, including increased life satisfaction, greater sense of meaning, and a desire to connect with others.

#### **Financial Support**

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# SPEAKER



## **J. Bryan Sexton, PhD**

Associate Professor, Director, Duke Patient Safety Center, Duke University Health System

J. Bryan Sexton, PhD has captured the wisdom of front-line healthcare workers through rigorous assessments of safety culture, teamwork, and workforce resilience. His research instruments have been used around the world in more than 3000 hospitals, in 30 countries. His current R01 grant from NIH is a randomized clinical trial of resilience training. Sexton, PhD has studied teamwork, safety and resilience in high risk environments such as the commercial aviation cockpit, the operating room, and the intensive care unit. With specializations in organizational assessment, teamwork, survey development, and quantitative methods, he spends his time teaching, mentoring, conducting research, and finding practical ways of getting busy caregivers to do the right thing, by making it the easy thing to do.

## WEBINAR INFORMATION

### **Who Should Attend**

The quarterly webinar series is designed to benefit all hospital employees, volunteers and affiliates, including front-line healthcare workers and physicians.

### **Continuing Education**

Each monthly continuing education credit is provided directly by Duke Health. Each monthly program has been submitted for 1.0 credit hours of continuing education for the following licensed professionals:

Nurses, by the American Nurses Credentialing Center (ANCC)

Physicians, by the Accreditation Council for Continuing Medical Education (ACCME)

Program participants receive instructions following each session to obtain their certificate of course completion following a short post-test online. Individuals who participate in the recorded program may receive CE/CME for up to one month following the live session date.

### **How Do You Connect to the Program?**

One or two days prior to each virtual event, you will receive an email from KHA with connection instructions. The email includes call-in and log-in information. **Important Note:** Information for accessing the virtual event will be forwarded to the contact person listed on the registration form.

### **Refund Policy**

Any request for refund must be made in writing via email, fax or mail. No refunds will be given for the full series package after 5:00 p.m., Friday, March 12. No refunds will be given one week prior to the individual webinar.

### **Questions**

Contact KHA Education Department at (785) 233-7436 or [mwilley@kha-net.org](mailto:mwilley@kha-net.org).



# Registration Form

## Workforce Resilience Webinar Series

March 18 • June 23 • Sept. 16 • Dec. 16



### Deadline

To receive connection instructions in a timely manner, please register at least one week prior to each webinar.



### Two Easy Ways to Register

Online: <https://registration.kha-net.org>

**\*\*KHA recommends using Google Chrome**

Fax: (785) 233-6955



**Webinar Fee** (One fee for the entire series.)

**KHA Members:** \$300

**Non-KHA Members:** \$600



**Click Here to Register**

Online registration is only available for the four-part webinar series package. If you would like to register for a single webinar, please contact Melissa Willey, [mwilley@kha-net.org](mailto:mwilley@kha-net.org) for information and pricing.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Telephone No.: \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**(This field is required and is where instructions will be sent.)**

### Sponsor

The Kansas Hospital Association would like to thank our silver-level sponsor, Midwest Transplant Network, for underwriting this educational session. With a vision to lead organ and tissue donation through excellence, quality and partnerships, Midwest Transplant Network saves lives by honoring the gift of organ and tissue donation with dignity and compassion. [Click Here](#) to learn more about Midwest Transplant Network.