


# *Resilient Leadership*



## *Managing Energy and Stress to Prevent Burnout*

### **Program Overview**

Human energy is the most critical resource leader's have. But in today's healthcare environment, the constant pressure to perform in the midst of escalating change and increasing time and energy demands means healthcare organizations are asking more of their physicians and leaders than ever before. The problem is that without effective practices for managing stress and energy, these demands inevitably exceed capacity, resulting in suboptimal performance, disengagement, health issues, and poor work-life balance.

The World Health Organization has declared stress an epidemic affecting patients and providers in a costly multitude of ways. It is more critical than ever to find the strategies to support the leaders who want to bring more humanity and quality into the changing healthcare system.

Managing energy, not time, is key to high performance and personal renewal. By effectively managing energy, we can expand our capacity to meet ever-increasing demands without sacrificing health and happiness.

### **Program Objectives**

*Through this session, you will:*

1. Describe a model for stress management that empowers you to feel more in control
2. Identify ways to better prioritize, speak, and meet your needs
3. List steps you can take to boost your energy management throughout the day
4. Describe strategies for managing your time commitments with less effort
5. Explain the interplay of personal and organizational stress and how to be part of changing the culture