

What if obstacles could give us energy instead of running us down? What if we could teach the most important people in our lives ways to bend and not break when life inevitably hands out lemons? What if there was a way to bounce back stronger from adversity? Good news: these “What ifs” aren’t fantasyland; recent science points to plausible answers on all three counts. Even better news: our lunchtime webinar will cover the most recent science on resiliency and provide best practices for building stamina in the face of obstacles. Join organizational experts Drs. Cindi Baldi and Geoffrey Tumlin for a lively and fast-paced discussion of the practical science of resiliency and learn a few tools and strategies you can immediately use to boost your energy when the going gets tough.

Learning Objectives:

- Evaluate what is unique about contemporary resiliency needs
- Identify what makes resiliency in healthcare a special case
- Build a small set of proven resiliency practices to increase the effectiveness of responses to stress, setbacks, and obstacles in your healthcare role.



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