



## EVENT SCHEDULE

FRIDAY, OCTOBER 7, 2022									
SESSION 1: 8:00 AM – 12:00 PM									
8-9	Welcome/Keynote #1: <b>Burnout and Self-Care: The Road to Wellness</b> Kirsten Lind Seal, PhD, LMFT Main Stage								
9-9:15	Transition/Exhibitors								
Workshop Round 1									
9:15-10	Spiritual Wellness	Creative Journaling for Resilience	Re-centering yourself by discovering your personal credo	Building meditation & mindfulness practices	Reflective Journaling	Chaos to Coherence	Having a HOME; Your heart at REST	Why do we press harder on the remote when we know the batteries are dead?	Offering selfcare & peer support through the spirit of Stress 1 <sup>st</sup> Aid
10-10:15	Transition/Exhibitors								
Workshop Round 2									
10:15-11	Offering selfcare & peer support through the spirit of Stress 1 <sup>st</sup> Aid	Creative Journaling for Resilience	POWER UP: Intro to Mental Fitness	Habits	Renew, Release, Restore	Re-centering yourself by discovering your personal credo	Working the Muscle of Resilience	Selfcare for Healthcare, Trusting your internal compass	Why do we press harder on the remote when we know the batteries are dead?
11-11:15	Transition/Exhibitors								
Workshop Round 3									
11:15-12	Spiritual Wellness	Reflective Journaling	POWER UP: Intro to Mental Fitness	Building meditation & mindfulness practices	Renew, Release, Restore	Chaos to Coherence	Having a HOME; Your heart at REST	Offering selfcare & peer support through the spirit of Stress 1 <sup>st</sup> Aid	Why do we press harder on the remote when we know the



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									batteries are dead?
<b>SESSION 2: 12:30 PM – 4:30 PM</b>									
12:30-1:30	Welcome/Keynote #2 <b>“Front the Frontline to the Future”</b> Jesse Ross Main Stage								
1:30-1:45	Transition/Exhibitors								
<b>Workshop Round 1</b>									
1:45-2:30		Reflective Journaling	Re-centering yourself by discovering your personal credo	Building meditation & mindfulness practices	Renew, Release, Restore	Chaos to Coherence	Making Stuff & Finding Joy	Self-Acupressure	Working the Muscle of Resilience
2:30-2:45	Transition/Exhibitors								
<b>Workshop Round 2</b>									
2:45-3:30		Creative Journaling for Resilience	POWER UP: Intro to Mental Fitness	Re-centering yourself by discovering your personal credo	Renew, Release, Restore	Chaos to Coherence	Having a HOME; Your heart at REST		Offering selfcare & peer support through the spirit of Stress 1 <sup>st</sup> Aid
3:30-3:45	Transition/Exhibitors								
<b>Workshop Round 3</b>									
3:45-4:30		Creative Journaling for Resilience	POWER UP: Intro to Mental Fitness	Building meditation & mindfulness practices	Reflective Journaling	Re-Igniting the Spirit of Caring	Making Stuff & Finding Joy	Recognizing & coping with secondary trauma	Chaos to Coherence
<b>SESSION 3: 5:00 PM – 8:30 PM</b> (All presentations on main stage)									
5-6	Welcome/Keynote #3: <b>Finding Your Beat—the Rhythm of Life</b> Tim Eggebraaten								



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	Main Stage								
6-6:10	Break								
6:10-7:20	Workshop Sampler								
7:20-7:30	Break								
7:30-8:30	Healthcare Story Slam								
<b>SATURDAY, OCTOBER 8, 2022</b>									
<b>SESSION 4: 8:00 AM – 12:00 PM</b>									
8-9	Welcome/Keynote #4: <b>Burnout and Self-Care: The Road to Wellness</b> Kirsten Lind Seal, PhD, LMFT Main Stage								
9-9:15	Transition								
<b>Workshop Round 1</b>									
9:15-10		Creative Journaling for Resilience	POWER UP: Intro to Mental Fitness	Re-Igniting the Spirit of Caring	Meditation + Sound Bath	Chaos to Coherence	Reflective journaling	Spiritual Wellness	
10-10:15	Transition								
<b>Workshop Round 2</b>									
10:15-11		Having a HOME; Your heart at REST	Zumba	Selfcare for Healthcare, Trusting your internal compass	Meditation + Sound Bath	Spiritual Wellness	Making Stuff & Finding Joy	Recognizing & coping with secondary trauma	Self-Acupressure
11-11:15	Transition								
<b>Workshop Round 3</b>									
11:15-12		Creative Journaling for Resilience	POWER UP: Intro to Mental Fitness		Spiritual Wellness	Chaos to Coherence	Making Stuff & Finding Joy	Recognizing & coping with secondary trauma	Reflective Journaling



## EVENT SCHEDULE

<b>SESSION 5: 12:30 PM – 3:30 PM</b> (All presentations on main stage)		
12:30-1:30	Welcome/Keynote #5: <b>Finding Your Beat—the Rhythm of Life</b> Tim Eggebraaten	
1:30-1:40	Break	
1:40-2:20	Workshop Sampler	
2:20-2:30	Break	
2:30-3:30	<b>Get Comfortable Being Uncomfortable</b> Brave New Outpost	

### Session Themes

#### Healing/Recovery

Activities that aid in recovery from stressful events

#### Grounding/In the Moment Techniques

Activities that provide tools and techniques people can use on the job to re-set their autonomic nervous system so they can continue working while caring for themselves

#### Strengthening Resilience

Activities that strengthen the capacity to deal with stressors over time