

Individual and Collective Wellbeing

Build on Strengths

Resilience

Healthcare Resilience Program



Elevate the individual and collective wellbeing of your caregiver team



DETAILS

Who Should Attend:

- Nurses & Doctors
- Caregivers
- Frontline Medical Staff

Length:

- Two (2) 4-hour modules
- Together or Separate

Where:

- Onsite & Offsite options



AGENDA

- Connect with **Purpose**
- **Appreciate** the Past
- **Imagine** an Ideal Future
- **Reflect** and Take **Action**



OUTCOMES

- Identify Unique Strengths
- Develop Action Plans
- Create a wellbeing toolkit
- Connect to organization Mission and Goals
- Team Building

For more information and to schedule your event:

[GetInsightSolutions.com](https://www.getinsightsolutions.com) | (800) 484-6207



**Elevate your caregivers' wellbeing.
Empower them to deliver high quality patient care.**



Individual Wellbeing: Connecting with Purpose and Strengths

**Part
1**

4 hours

Establish the foundational objectives of the workshop by highlighting your organization's interest in supporting the wellbeing of your healthcare team, as part of the system's overall mission, vision and values. Connect personal experiences of the healthcare providers with their individual sense of purpose. Discover their strengths as they relate to wellbeing at work and at home. Through a creative activity, participants co-create an ideal vision of the future in which their wellbeing is flourishing. Part 1 concludes with an opportunity to design realistic and implementable action steps which support their visions of the future.

Collective Wellbeing: We are Stronger Together

**Part
2**

4 hours

Part 2 activities focus on the collective strengths of healthcare teams and the overall organization. Team values and working norms are identified and/or created, paying special attention to those elements that are most cherished. Personal connections are drawn from times when participants have been part of a highly collaborative team and how that enhanced their sense of purpose. Part 2 concludes with rapid brainstorming to identify opportunities and action plans for how the organization may support the healthcare team's wellbeing and the steps necessary to implement these ideas.

Parts 1 and 2 may be run as separate events or can be blended together as a single day program.



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