

## Optimizing Provider Potential: Beating Burnout

**Thursday, October 26**

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*Siebens Building, 4<sup>th</sup> Floor, Grumman Lecture Hall (Room 4-06)*

8:00 a.m.	Introduction and Background <ul style="list-style-type: none"><li>• Recognize signs and symptoms of burnout in you, colleagues, staff members, and patients.</li><li>• Identify the key drivers of burnout.</li><li>• Create at least one personal action to prevent burnout in own life.</li></ul>
8:30 a.m.	Invincibility <ul style="list-style-type: none"><li>• Appraise your own habits related to diet, exercise, sleep, and seeking help</li><li>• Describe the importance of assessing these same basics in your patients</li><li>• Assess aspects of life's demands and what can be controlled</li></ul>
9:00 a.m.	Secret Identity <ul style="list-style-type: none"><li>• Examine how values influence choices and behaviors in your own life and likewise in your patients' lives</li></ul>
9:45 a.m.	Mental Projection <ul style="list-style-type: none"><li>• Examine your future life in the ideal</li><li>• Recognize how visualizing positive outcomes can benefit patients</li></ul>
10:05 a.m.	Break
10:20 a.m.	Mental Projection (continued)
10:50 a.m.	Shapeshifting <ul style="list-style-type: none"><li>• Identify one action you can take now to advance life goals</li><li>• Identify one action you can take now to add meaning to work</li><li>• Understand some nuances of goal-setting to benefit your patients</li></ul>
11:35 a.m.	Super Allies: Value of Colleagues and Social Support <ul style="list-style-type: none"><li>• Explain how social support is important for preventing our own burnout and burnout in our patients</li><li>• Identify at least one specific potential source for emotional support</li></ul>
12:05 p.m.	Wrap-Up
12:15 p.m.	Adjourn