

Optimizing Potential - Beating Burnout - Online CME Course

Presenter: Gregory P. Couser, M.D., M.P.H.

Program Schedule

- 28 mins.** **Introduction and Background**
Explore impact of values on ideal life/work scenarios and priorities for goals; Think about your own life (work and home) in a different way and to continue to evolve in thought beyond today
- 33 mins.** **Invincibility**
Appraise your own habits related to diet, exercise, sleep and seeking help; Assess aspects of life's demands and what can be controlled
- 37 mins.** **Secret Identity**
Examine how values influence choices and behaviors in your own life; By the end of this section, you should have picked your top five values and top 3 strengths.
- 12 mins.** **Mental Projection – I**
Examine your future life in the ideal; By the end of this section, in one sentence, describe your ideal scenarios for life and for work
- 23 mins.** **Mental Projection – II**
Reviews Q&A portion of Mental Projection
- 31 mins** **Shapeshifting**
Recall how to adapt goals to a rapidly changing environment; Determine values (secret identity): higher order goals; Cite specific high goals are better than easy/vague goals
- 26 mins.** **Super Allies**
Explain how social support is important for preventing our own burnout and burnout in our patients; Identify at least one specific potential source for emotional support

Times are approximate