Resilience Mini-Series Offered by the SOM Resilience Program
WINTER SCHEDULE 2017

CU School of Medicine residents, fellows, faculty, staff are invited to attend

If you’d like to learn more about the CU SOM Resilience program offerings but feel like you don’t have time or maybe you aren’t ready to commit to a more in depth course, the new Resilience Mini-Series may be for you!

One of three resilience topics will be offered at Noon to 12:50 PM on Wednesdays in the CU Health Sciences Library Tower Room on a rotating basis: “Mini-Mindfulness”, “Putting Joy and Gratitude to Work”, “Finding Your Values Compass”. There is no fee to attend. Feel free to bring your lunch. The room has limited capacity.

You can attend one topic session or attend all three. Although each of these mini-series topic sessions can be “stand alone” experiences, you will probably get the most benefit if you can attend all three. You can attend them in any order. The mini-series topics also serve as an introduction to other more intensive courses offered by the SOM Resilience Program.

“Mini-Mindfulness”: There is growing evidence that mindfulness based strategies are associated with decreased burnout, attrition and depression in physicians, nurses and other healthcare professionals. This 50-minute “Mini-Mindfulness” session addresses questions that we frequently hear such as - What exactly IS mindfulness? How can you apply strategies in your life/work? What is the evidence for effectiveness and change? What offerings are available through the CU SOM Resilience program?
Click here to register for upcoming “Mini-Mindfulness” sessions

“Putting Joy and Gratitude to Work”: Over the past decade there is an ever growing interest in the lasting effects of Positive Psychology exercises. The effects have been shown to impact all areas of a person's life and to provide buffer from effects of burnout. This 50-minute mini-series session will present some of the research support in this area and introduce brief practical exercises emphasizing happiness and gratitude that can be put to work immediately.
Click here to register for upcoming “Putting Joy and Gratitude to Work" sessions

“Finding Your Values Compass”: Living a (work and personal) life congruent with our values can have a profound impact on well-being and burnout. Values provide a compass and guiding principles by which we aspire to live our daily lives. This mini-workshop will review some of the evidence regarding values in the work place, define and differentiate between values and goals and introduce an experiential approach to clarifying personal and work values compass. Finally an individualized action strategy will be provided to all participants.
Click here to register for upcoming “Finding Your Values Compass” sessions

02/15/17 - Finding Your Values Compass (Library, Tower Room)
02/22/17 - Mini-Mindfulness (CHANGE: Health & Wellness Center, Benson Board Room)
03/08/17 - Putting Joy and Gratitude to Work (Library, Tower Room)
03/15/17 - Finding Your Values Compass (Library, Tower Room)
03/22/17 - Mini-Mindfulness (Library, Tower Room)

www.medschool.ucdenver.edu/resilience