



Cultivating Resilience in Challenging Times Through Deepening Awareness & Mutual Self-Care

June 22, 2024

8:30a to 5p

At EvergreenHealth Auditorium
12040 Northeast 128th St.
Kirkland, Washington 98034

Parking: across the entrance to the main hospital at De Young Pavilion. From main entrance, take escalator to 1st floor. Follow signs to Emergency Room. Auditorium is close to the Emergency Room.

This one-day workshop includes lunch, 2 one-hour follow up sessions by Zoom + The Leveys' book *Living in Balance: A Mindful Guide for Thriving in a Complex World* (\$22 value)

8 Hours CE (Nursing, Social Work)

- **\$269** Member Earlybird Rate (before May 17)
- **\$299** (Member)
- **\$349** (Non-Member)

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In the dynamic field of hospice and palliative care, we're navigating through unprecedented changes and challenges. It's becoming increasingly evident that as professionals, we all could benefit from enhancing our capacity for self-care, renewal, and deep resilience. This not only helps us better care for ourselves but also enables us to provide the best support for our patients, colleagues, and loved ones.

We're aware that many professionals in the field are experiencing exhaustion, empathy fatigue, and burnout, which is concerning. Therefore, prioritizing resilience and well-being is essential for the sustainable growth of our organizations. It's clear that there's a pressing need to expand both personal and organizational capacity to foster resilience and cultivate a supportive, caring workplace culture.

- How can we **enhance** our personal and team resilience, fostering renewal, while mitigating burnout, and attracting and retaining top talent and compassion within our organization?
- How can we effectively **support** ourselves and our team members as we recover from the prolonged stress and trauma of the COVID-19 pandemic, and transition forward with wisdom and compassion?
- What strategies can we implement to **cultivate** and maintain a workplace culture that not only prioritizes self-care, compassion, and empathy for ourselves and our colleagues but also extends these values to those under our care?
- How do we continuously **reignite** our passion for our work amidst the challenges we face?

By coming together to prioritize our own well-being, we're not only investing in ourselves but also in the health and longevity of our organizations and communities. Together, let's embark on a journey of self-care and resilience-building that will benefit us all in the long run!

Program

Join Dr. Joel and Michelle Levey, renowned experts in organizational culture and mindfulness, along with Bradford Macy, a seasoned Hospice and Palliative Nurse, for a special one-day workshop designed exclusively for leaders and clinicians. This workshop promises to be a source of inspiration and practical guidance, offering timely insights to navigate the challenges of our current times. The day begins with an interactive session focused on healing from pandemic-induced trauma and building resilience to cope with the daily stresses we all face. It's an opportunity to gather, learn, and grow in a supportive environment, as we explore ways to navigate these uncertain times with strength and compassion.

In the program's second session, participants will discover an array of simple yet powerful techniques designed to boost resilience, grounded in mindful presence and heart-centered practices. These methods not only cultivate wise empathy and compassionate responses but also empower individuals to navigate life's challenges with grace and strength. Through exploring life skills and strategies, participants will uncover ways to maintain dynamic balance amidst the ebb and flow of daily life. By identifying essential priorities and crafting a personalized plan for resilience, participants will embark on a journey towards thriving in both their personal and professional spheres.

In the program's final segment, participants will delve into applying newfound knowledge to foster a vibrant culture of collective self-care within their workplace. Think of it as crafting a cozy "workplace cocoon" where self-care thrives! Through engaging sessions, we'll explore practical steps to create a safe, empathetic environment, ensuring everyone feels valued and supported. This nurturing environment not only bolsters individual well-being but also strengthens team cohesion, fostering resilience and a sense of belonging. By prioritizing self-care, we not only enhance our own presence and compassion but also extend these qualities to our colleagues, patients, families, and communities, creating a ripple effect of positivity and care.

Learning Objectives

- During this session, participants will compose a holistic self-care and life balance action plan and commit to incorporating this plan into their daily routine.
- Upon the completion of this session, participants will have learned and applied techniques for processing grief and healing from the trauma caused by working in healthcare during the COVID-19 pandemic.
- Upon the completion of this session, participants will have learned and practiced a variety of self-care and resilience practices, including guidelines for beginning each day, sustaining kindful presence and balance throughout the day, and ways to harvest and wisely integrate experiences from each day. These methods include the 9-part breath, mindful noting of thoughts and feelings, receiving and radiating, embodied mindful presencing, tonglen, and other potent practices.
- After completing this session, participants will describe five benefits of the daily practice of mindfulness meditation and cultivating mindful presence in their lives and work.
- After completing this session, participants will be able to describe 5 practical ways to create a positive culture of mutual self-care in the workplace.

Workshop Facilitators



Dr. Joel and Michelle Levey are visionary pioneers, celebrated as the founders of Wisdom at Work and The International Center for Corporate Culture and Organizational Health at InnerWork Technologies, Inc. They have served as faculty for the University of Minnesota Medical School, focusing on integrative, mind-body medicine, and physician self-care and resilience. As pioneers in Hospice education in the early '80s, the Levey's collaborated closely with luminaries such as Joan Halifax, Stephen and Ondrea Levine, and Ram Dass on the Conscious Living, Conscious Dying Project. With a rich background working in diverse cultures, the Levey's have left an indelible mark on hundreds of organizations and communities worldwide, including M.D. Anderson Cancer Center, Sisters of Charity & Saint Joseph Medical Centers, Sisters of St. Francis and St. Francis Hospice of Hawaii, Fred Hutchinson Cancer Research Center, Providence Hospice of Seattle, and Swedish Medical Center Home Health, as well as N.I.H., Nuffield Health and NHS (UK), and the Surgeon General's Office.

Devoted to the evolution of organizational cultures and communities, their mission is to cultivate environments where exceptional levels of inspired leadership, cooperation, synergy, collective intelligence, and change resilience can flourish. With a rich background working in diverse cultures, the Levey's have left an indelible mark on hundreds of organizations and communities worldwide. They are catalysts for inspiring individuals to deepen wisdom, wonder, compassion, resilience, and creativity in the face of the myriad complex changes, challenges, and opportunities of our turbulent and rapidly shifting times.

As renowned authors, the Levey's have penned insightful works such as "Living in Balance: A Mindful Guide for Thriving in a Complex World," "Wisdom at Work," and "Mindfulness, Meditation, & Mind Fitness." Their contributions continue to shape the landscape of conscious living and dying advanced/extraordinary human potential, and organizational well-being.

For those interested in delving deeper into their transformative work, please explore <https://www.wisdomatwork.com/about/bio/>, where their collective wisdom comes to life.

Bradford Macy, RN, BSN, CHPN, is a highly respected and accomplished professional in the field of hospice and palliative care, with 30 years of experience as a hospice RN, innovator, and educator. He is widely recognized as the innovative mind behind the Macy Catheter, now considered a best practice in hospice symptom control in the US. His contributions to the realm have garnered him the 2013 National Award for Hospice and Palliative Care Nurse of the Year through HPCC.



Over the past 15 years, he has shared his knowledge of hospice and palliative care issues, presenting nationally and internationally on clinical best practices, positive leadership, and culture. Mr. Macy has contributed to research in the field, with publications in the Journal of Pain and Symptom Management, the Journal of Hospice and Palliative Nursing, the American Journal of Emergency Medicine, and Current Emergency and Hospital Medicine Reports. As current President of the San Francisco Chapter of HPNA, Brad continues to lead, advocate, and inspire within the hospice community.

Brad has been studying and practicing mindfulness techniques for the past several years as part of his spiritual journey. He believes that spiritual connection and balance are crucial in today's world to provide resilience and empathy. Brad is currently enrolled in a master's degree program in palliative care with a specific focus on leadership at the University of Maryland, Baltimore.