

Burnout & Healing in the Face of a Global Pandemic

Webinar: March 15, 2021
12:00 – 1:30 p.m.



Featuring Guest Presenter:

Benjamin Anderson, VP of Rural Health & Hospitals for Colorado Hospital Association

Description: When a person exhibits noticeable declines in work performance, attitude, and interactions with others, their colleagues and organizations are often quick to blame, punish, or even terminate employment. Some employers intuitively connect these behavior changes to signs of burnout or emotional injury and offer individual coping resources, such as breathing exercises or courses in mindfulness and work-life balance. These efforts, while well-intended and important, can seem hurtful if the causes of the burnout are structural as well as individual. In this session, Benjamin will use true stories of heroism and despair to humanize the impact of emotional injury and offer simple tools for structural changes that lead to recovery.

Please join us for this free event:

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Webinar hosted by the Missouri Primary Care Association.
Contact Joni Adamson: jadamson@mo-pa.org with any questions.