



Organizational Well-being:

Enhancing Internal & External Resilience that Supports a Culture of Workforce Wellness

Cohosted by the Institute for Diseases and Disaster Management and Project HOPE

July 28, 10:00am-11:00am EST

This presentation focuses on providing an understanding of resiliency and holistic well-being as it relates to the psychosocial stressors of the workplace. The presentation seeks to explore stress reduction and coping tools for both at work and home. Establishing understanding of response to stressful situations while focusing on eight dimensions of well-being, this presentation also identifies when coping is healthy versus unhealthy, and when additional help is necessary. The presentation includes steps to assess and alleviate your own stress in the moment, as well as ways to support colleagues. Learn why wellness should be a strategic priority and what the benefits are. Discover how you can get involved and begin to transform the psychological safety culture of your workplace by starting from within, and understand how to be an advocate for change to hardwire resiliency across your organization.

Presenter:

Jeremy Segall, MA, RDT, LCAT, System Chief Wellness Officer at NYC Health + Hospitals

Opening Remarks and Moderator:

Syra Madad and James Salway, Co-Principal Investigators, NYC Health + Hospitals/Institute for Diseases and Disaster Management and Nagesh Borse, Deputy Chief Health Officer, Project HOPE

Learning Objectives:

- + Understand the crucial link between workforce wellness, quality, patient safety, and sustained well-being both personally and professionally.
- + Deploy the Helping Healers Heal (H3) framework to develop a holistic workforce wellness culture for you and your team.
- + Apply learning about the current challenges and climate that impacts workforce wellness and how to leverage the 8 dimensions of wellness to foster a supportive approach and work environment.

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