Flourishing at Work – Mindful Lessons for Clinicians and Leaders

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CUSM auditorium de l’Institut de recherche, salle E.S1.1129
MUHC Research Institute Auditorium, room E.S1.1129

Educational Objectives:
1. Define and characterize the causes and manifestations of clinician distress
2. Identify important factors that clinicians and leaders should consider when trying to improve resilience, wellbeing and effectiveness of the healthcare workforce.
3. Describe ways in which clinicians and leaders can enhance self-awareness, become more attentive and present, and respond more effectively to stressful circumstances

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