

# Compassion, Connection, and Resilience

## A Workshop for Transformative Impact in Healthcare

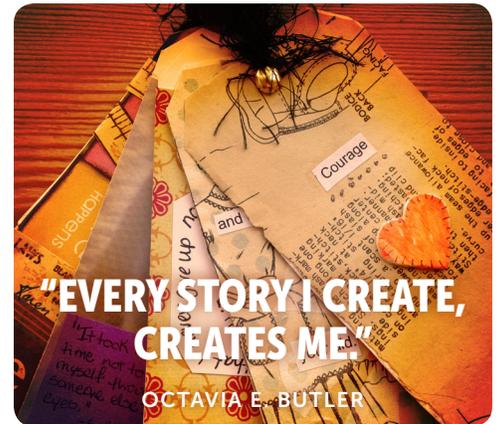
With increasing pressures and demands, healthcare professionals are vulnerable to both internal and external stressors. However, evidence shows that staff members who have strong connections within themselves and with each other tend to stay in their jobs longer and demonstrate a greater capacity to respond to pressure and the demands of daily life. Organizational benefits include improved quality of care, reduced costs, and greater staff and patient loyalty.

This seven-hour workshop combines **demonstration, dialog, peer-learning, and hands-on art expression** for renewed commitment, clarity, compassion, and self-care. We provide practical ways for participants to take what they've learned back to the workplace and integrate into their lives. Geared specifically toward organizations seeking to increase staff morale, this workshop offers an opportunity to:

- **Amplify** team functionality, productivity, and well-being.
- **Enhance** personal resilience practices to reduce burn-out and anxiety.
- **Cultivate** increased leadership presence and connection with your patients.

This is done through hands-on practices to bring awareness to non-productive habits, and build new, more effective ones to create a fulfilling work experience.

- **Practicing mindful listening** to improve connection to self and others.
- **Giving and receiving feedback** to minimize threat and maximize reward
- **Understanding how your emotional landscape** effects all interactions
- **Focusing on gratitude for self and others** to shape our lens of perception, increase compassion and inner calm.



**Drew Ebersole** is a Certified Hudson Institute Coach with extensive leadership and coaching experience. He incorporates impacts of mindful, positive practices with neuroscience research to dramatically enhance performance. He is a Senior Fellow with the American Leadership Forum, has a BA in Liberal Arts and has received post-graduate training in marriage and family counseling. He has been referred to as the "Nurse Whisperer," connecting on a deep and meaningful level to achieve breakthrough performance in communication, trust building and personal well-being.



**Sherry Hammond** is a Certified Hudson Institute Coach with a specialty in working with professionals from the inside out to build effective strategies and practices to achieve breakthrough and transformative results. Sherry has a BS in Food Science and Nutrition as well as an MBA. She has been practicing mindfulness techniques through the Jon Kabat-Zinn MBSR program, retreats and completed the Mindful Schools curriculum. She is a Registered Dietitian with more than 25 years of healthcare experience. As a health care administrator she was the top leader of the Patient Experience for a five-hospital system.



**Steffanie Lorig** is a creative activator who has spent the last two decades bringing healing and hope through the expressive arts. With a career spanning business, agency, and nonprofit worlds, she advances creative possibilities to meet needs, change lives, and inspire change. She is an author of eleven books, most of which center around healing children facing hardship using creativity. She is an contemporary expressionist and workshop facilitator that also collage, acrylic paint, drawing, storytelling, and poetry to reinforce team cohesiveness, sharpen intuition, awaken the senses, and build confidence. [steffanielorig.com](http://steffanielorig.com)

Facilitators Hammond, Ebersole, and Lorig draw on collective experience as facilitators, mindfulness practitioners, and expressive arts leaders to offer a nourishing and inspiring experience for your group. **To schedule a workshop for your group**, please contact Sherry Hammond at [Sherry@hammondandebbersole.com](mailto:Sherry@hammondandebbersole.com) or 253-208-1010.

