

2021 Duke Weekly Webinar Series *for* Duke Well-being Ambassadors Virtual Training

3PM EST / 2PM CST/ 1PM MTN /12PM PST

January 11, 2022 – March 15, 2022 AGENDA

January 11, 2022 | Enhancing Resilience: Three Good Things

Presented by Dr. J. Bryan Sexton

The most popular of our resilience tools is back this month. This simple, enjoyable and remarkably effective tool can be used for 10-15 days, with measurable improvements across a variety of resilience metrics that endure for over a year.

January 18, 2022 | Prevalence & Severity of Burnout: Workforce Resilience as Care Quality

Presented by Dr. J. Bryan Sexton

Burnout is increasingly common, compromises clinical and operational outcomes, and is treatable. In this session we will demonstrate what happens in our heads when we get burned out.

January 25, 2022 | Relationship Resilience: The Science of How Other People Matter

Presented by Dr. Carrie Adair

This session describes how cultivating meaningful relationships is a health behavior, and how loneliness puts us at risk for lower satisfaction at work and in life, poorer immune system functioning, and even reduced longevity. Importantly, it is the quality, not the quantity, of our relationships that appears to matter most.

February 1, 2022 | Enhancing Resilience: The Science and Practice of Gratitude

Presented by Dr. J. Bryan Sexton

This session demonstrates a simple, enjoyable and effective tool for improving well-being by cultivating gratitude. We see improvements in resilience, sleep quality and depression.

February 8, 2022 | Measuring and Understanding Health Care Worker Resilience, Work Life Integration, and Burnout

Presented by Dr. J. Bryan Sexton

The absence of something bad (burnout) is not the same as the presence of something good (resilience). Here we will demonstrate the links between well-being metrics and show how they vary at the individual and the work setting level. Your burnout may have more to do with your colleagues than you thought...

February 15, 2022 | Being Present: The Science of Mindfulness

Presented by Dr. Carrie Adair

The data are clear: Mindfulness matters. We demonstrate what it means to be in the “present moment” or mindful, review the research on mindfulness for well-being, and how mindfulness can help communication and relationships. An opportunity to practice mindfulness is offered, as well as strategies to boost everyday mindfulness.

February 22, 2022 | Enhancing Resilience: Practicing Safe Stress and the Science of Sleep

Presented by Dr. J. Bryan Sexton

What should you eat on a stressful day? How long is a good nap? The answers might surprise you. Here we recognize, anticipate and respond to human limitations associated with sleep deprivation.

March 1, 2022 | Science of Wow: Cultivating Awe and Wonder as a Resilience Strategy

Presented by Dr. J. Bryan Sexton

A feast for the eyes, this highly visual and image-driven webinar summarizes and demonstrates the benefits of the emotion of awe, including increased life satisfaction, greater sense of meaning, and a desire to connect with others.

March 8, 2022 | Collaboration vs. Dealing with Difficult Colleagues: Assessing, Understanding and Improving Teamwork in a Work Setting Near You

Presented by Dr. Kyle Rehder & Dr. J. Bryan Sexton

This session guides you through the prevalence and severity of disruptive behavior, as well as its correlates and consequences. Institutional and individual strategies for dealing with difficult colleagues are discussed.

March 15, 2022 | Enhancing Resilience: Survival of the Kindest

Presented by Dr. J. Bryan Sexton

We summarize the research to explain that there are demonstrably powerful benefits to being altruistic, and provide a framework for how to use Random Acts of Kindness at the individual and work setting levels.