

## Duke Webinar Series for Duke Well-being Ambassadors Virtual Training Schedule

*Updated September 2021*

<b>TITLE</b>	<b>PRESENTED BY</b>	<b>DATE</b>	<b>TIME</b>
Enhancing Resilience: Three Good Things	Dr. J. Bryan Sexton	September 21, 2021	12PM EST
Prevalence & Severity of Burnout: Workforce Resilience as Care Quality	Dr. J. Bryan Sexton	September 28, 2021	12PM EST
Relationship Resilience: The Science of How Other People Matter	Dr. Carrie Adair	October 5, 2021	12PM EST
Enhancing Resilience: The Science and Practice of Gratitude	Dr. J. Bryan Sexton	October 12, 2021	12PM EST
Measuring and Understanding Health Care Worker Resilience, Work Life Integration, and Burnout	Dr. J. Bryan Sexton	October 19, 2021	12PM EST
Being Present: The Science of Mindfulness	Dr. Carrie Adair	October 26, 2021	12PM EST
Enhancing Resilience: Practicing Safe Stress and the Science of Sleep	Dr. J. Bryan Sexton	November 2, 2021	12PM EST
Science of Wow: Cultivating Awe and Wonder as a Resilience Strategy	Dr. J. Bryan Sexton	November 9, 2021	12PM EST
Collaboration vs. Dealing with Difficult Colleagues: Assessing, Understanding and Improving Teamwork in a Work Setting Near You	Dr. Kyle Rehder & Dr. J. Bryan Sexton	November 16, 2021	12PM EST
Enhancing Resilience: Survival of the Kindest	Dr. J. Bryan Sexton	November 23, 2021	12PM EST