

CHILDREN'S HOSPITAL COLORADO PRESENTS

Virtual Education Series: Flourishing at the Bedside with Micro Practices of Pause, Presence, Purpose & Peace

Thursday, November 16, 2023 • 12 to 1 p.m. MST

Teleconference (Zoom link sent with registration)

Overview, Target Audience and Learner Outcome

This activity is for the interdisciplinary healthcare team and is an invitation for care givers to pause and reconnect with themselves. It offers time for each participant to reflect on their own experience and stories to take the invisible challenges of healthcare and make them visible. This session will offer a path that uses theory guided practice to both honor these experiences and offer new ways of thinking and being that contribute to their own wholeness so they can continue to heal others. As a result of this activity, learners will be able to self-report new knowledge related to building resiliency practices in healthcare.

Objectives

- Discuss the nuances of each resiliency micro-practice and the benefits for both self and others.
- Describe how wholeness as an individual contributes to flourishing as a caregiver.

Faculty

Chris Griffin, Ph.D., RN, NPD-BC
Director of Caring Science
Queens Medical Center

Continuing Education Credit

Registration, attendance, sign-in and submission of the evaluation, including a written response to questions related to any change in practice that you may make as a result of learning that took place at this program, are required for successful completion and receipt of the certificate of attendance. Claim only those hours you attend.

Medical

Children's Hospital Colorado is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Children's Hospital Colorado designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nursing

Children's Hospital Colorado is approved with distinction as a provider of nursing continuing professional development by Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This educational offering for 1 nursing contact hour is provided by Children's Hospital Colorado.

EMS

Children's Hospital Colorado is an approved provider of EMS continuing education through the Colorado Department of Public Health and Environment, Health Facilities and Emergency Medical Services Division. Children's Hospital Colorado is EMS Training Group #EO49. This education offering is good for 1 CE hour.

Disclosures Planners and faculty in control of content have no relevant financial relationships with ineligible companies.

Registration and Contact Information

There is no registration fee for this event. Please register here: [November VES](#)

For further information, contact nicole.shonka@childrenscolorado.org



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