

CHILDREN'S HOSPITAL COLORADO PRESENTS

Virtual Education Series: Adaptive Resilience Theory: A New Approach to Burnout and Well-Being

Thursday, August 21, 2025 • 12 to 1 p.m.

Teleconference (Zoom link sent with registration)

Overview, Target Audience and Learner Outcome

This activity for the interdisciplinary healthcare team will include defining resilience and a discussion on the Adaptive Resilience Theory. In addition to a presentation from a content expert, attendees will learn about resiliency strengthening practices. As a result of this activity, learners will be able to report new knowledge related to building resiliency practices in healthcare.

Objectives

- Define resilience as it relates to our current health care environment
- Describe how the Adaptive Resilience Theory applies to experience working in health care
- List 3 practices to support shortening “collapse” phase and strengthen resilience

Faculty from Children's Hospital Colorado / University of Colorado

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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: [August VES](#)

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



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