



LIVE HYBRID ACTIVITY

12th Annual Kali Whittle Resilience Conference

Friday, August 28, 2026

Children's Hospital Colorado | Anschutz Medical Campus
Medical Conference and Education Center and via Zoom

50 Vitality Points per Session

Provided by

Children's Hospital Colorado, Kali Whittle Conference Planning Committee



Children's Hospital Colorado



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12th Annual Kali Whittle Resilience Conference

Overview, Target Audience, and Learner Outcome

Healthcare is fast paced, demanding, continually changing and tightly regulated. This combination of factors creates an environment that may lead to burn-out, moral distress, compassion fatigue, secondary trauma, anxiety and decreased personal satisfaction. This conference brings together experts to support team members by creating opportunities and providing tools to find peace and healing amid caring for others.

After attending, participants will report increased knowledge of ways to continually develop skills and strategies that support personal resilience and well-being, particularly in the role of supporting the care of patients and families.

Thank you

Special acknowledgements to:

- Kali Whittle Family
- Kali Whittle Conference Planning Committee

We gratefully acknowledge the generous financial support from the Kali Whittle endowment fund that allows team members across the Children's Colorado healthcare system the opportunity to learn creative and practical tools to find peace and healing in the midst of caring for others.

We are thankful for the members of the Kali Whittle planning committee and all the event presenters who dedicate their time and talents to support and enhance the physical, mental, emotional and spiritual health of Children's Hospital Colorado team members.

For more information about Team Member Resilience and Well-being, please visit the [team member well-being & resiliency](#) page on MyChildrensColorado.

In-person and Livestreamed Learners

Location

Children's Hospital Colorado – Medical Conference and Education Center
Mts. Oxford, Yale, Princeton, and Harvard Conference Rooms and the Terrace
13123 East 16th Avenue, Aurora, CO 80045

Main sessions will be livestreamed for in-person participation in the following conference rooms:

- North Campus – Acorn
- South Campus – Tennessee
- Southeast Aurora – Smoky Hill
- Briargate – Louisiana
- Colorado Springs Hospital – 5th Floor Classroom

Virtual Learners

For sessions that can be viewed virtually, learners can use this [Zoom link](#).

Mark Your Attendance

Scan the QR code to mark your attendance. At the end of the day, you can mark each sessions you attend.

You only need to do this once for the entire event.

This will allow us to assign your Vitality Points and send you an email with a link to the activity evaluation to collect continuing education credits.



Kali Whittle 2026
Resiliency Conference:
Attendance - Link

Evaluation

To obtain your NCPD certificate, the on-line evaluation must be completed by midnight, Friday, September 11, 2026.

After completing the evaluation, you will be prompted to claim your NCPD credits. Any questions or concerns with access should be directed to ce@childrenscolorado.org.

Agenda

Friday, August 28, 2026

Snacks and beverages will be available throughout the day.

Mindful Moments

8:00 – 8:30 a.m. - **No NCPD Credit Available for these Mindful Moments**

Yoga at Anschutz Medical Campus on the terrace outside the conference center. All levels are welcome and bring a yoga mat or towel to participate.

[Karen \(Kari\) Kwinn](#)

Registered Yoga Teacher
Yoga Alliance

Organized walks at North Campus with Pringle, South Campus, and Colorado Springs Campus with Salida. Team members can meet at the main entrances at 7:55 a.m.

Time

Main Sessions

8:50 – 9:00 a.m.

Mts. Yale and Princeton
Livestreamed
Virtual

Welcome

9:00 – 10:15 a.m.

Mts. Yale and Princeton
Livestreamed
Virtual

Keynote: Building Hope Through Empowerment

[Lara Provencal](#)

Speaker
Transformational Leadership Coach
Consultant and Certified TBRI Practitioner

Time	Main Sessions	
10:30 – 11:45 a.m. Mts. Yale and Princeton Livestreamed Virtual	Burnout’s Kryptonite: Practical Tools to Stay Present and Manage Emotional Load in Real Time Ana Christina Hicks Certified Coach Speaker Trainer Author	
12:00 – 1:00 p.m. Mt. Oxford Livestreamed Virtual	Lunchtime Schwartz Rounds: Moments of Joy and Awe in Healthcare *Schwartz Rounds continuing education credit and lunch provided separately. Registration for this session is in Cornerstone. You can register for the Schwartz Rounds session by clicking this link.	
1:30 – 2:45 p.m.	Concurrent Sessions	
Session #1		Session #2
Mt. Oxford In-person Only		Mts. Yale and Princeton Livestreamed Virtual
Moments That Matter: Exploring Resilience in Action Through <i>The Pitt</i> Maggie Wilkerson, M.Ed Manager of Health Literacy Patient Family Education Children’s Hospital Colorado Joe Grubenhoff, MD, MSCS Professor of Pediatrics University of Colorado School of Medicine Pediatric Emergency Medicine, Attending Physician REST Facilitator Children’s Hospital Colorado		Healing Grief Rev. Josh Whistler, M.Div, BCC Manager Spiritual Care and Bereavement Services Children’s Hospital Colorado

3:00 – 4:15 p.m.	Concurrent Sessions	
Session #3		Session #4
Mts. Yale and Princeton Livestreamed Virtual		Mt. Harvard In-person Only No NCPD Credit Available for this Session
Supporting Others Without Depleting Yourself: Practical Mindfulness and Self-Compassion for Caregivers Liz Chamberlain, PhD Assistant Professor, Faculty Wellness Officer Director of Well-Being Programs Licensed Psychologist Department of Psychiatry AHCW CU Weight Management Clinic University of Colorado Anschutz		Reiki Meditation: A Moment for You Patricia Tafoya, CAN Peer and Family Support Partner Pediatric Mental Health Institute
Time	Main Session	
4:15 – 4:30 p.m.	Wrap up and Evaluation	
4:30	Adjourn	

Handouts

Presentation handouts that can be shared will be available after August 28th in the Course Outline located in the left navigation panel.

Participants have access to view, download, and print these materials for 30 days following the activity, expiring on September 28, 2026.

Continuing Education Credit

Registration, attendance, and completion of an **evaluation** are required for successful participation and to collect a certificate of attendance. Claim only the hours you participate in.

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 program for a maximum 5.25 contact hours* is provided by Children’s Hospital Colorado.

After marking attendance, an email will be sent from Children’s Hospital Colorado Continuing Education with a link to the course evaluation. The evaluation must be completed by **September 11, 2026**, to collect continuing education credit.

A general certificate of attendance will be available for participants in other roles.