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Balance Through Movement  
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## Empowering Healthcare Workers With Tools To Thrive: A Balance Through Movement Activity

### Livestream via Zoom

**July 28, 2021**  
**9:00 AM - 12:10 PM**  
Log In at 8:50 AM

#### Description:

Healthcare workers spend a significant amount of time and energy caring for others. As a result, they are typically overworked, overwhelmed, and too fatigued to care for themselves. Micro-practices of mindfulness and gentle movement can aid in assisting healthcare workers in feeling less burned out and more empowered to care for themselves and their patients.

We use practices that have been cited as strategies to cope with impending or current burnout. These include mindfulness, yoga as well as compassion-based practices as reported by The Journal of Clinical Psychology. Practices such as these are proven to decrease depression, stress, and burnout while also increasing compassion for self and others. Healthcare workers who utilize these practices report improvements in mindfulness and overall job satisfaction.

During this course, participants will learn accessible, easy to implement, and research backed yoga, mindfulness, and compassion-based interventions. These interventions have been shown to improve reported well-being as well as both professional and personal interactions.

Participants should wear comfortable clothing, be in a space you can move to and from the floor with an exercise mat or perform movements from a stationary chair, near wall space. Please have a blanket or a towel and a pillow handy.

#### Target Audience:

RNs and all Healthcare Workers interested in this topic.

#### CE Credit:

3.0 NCPD (Nursing) Hours  
3.0 Contact Hours

*No partial credit awarded for partial attendance*

#### Speakers:

Laura Terry, PT & ERYT  
Whitney Wilkerson, NBC-HWC, ERYT

**Cost: \$50**

**[CLICK HERE TO REGISTER](#)**

## Objectives:

At the completion of this activity, participants will be able to:

- Identify at least 3 ways to decrease stress, muscular tension and feelings of burnout
- Recognize easy to implement self-care practices including mindful movement and breathing exercises
- Understand the impact of micro-practices on performance and well-being and learn the neurobiological mechanisms behind these practices

## Learning Outcome:

Participants of this activity will self-assess a gain in knowledge related to how to prevent burnout and compassion fatigue in their profession.

## Agenda:

9:00-9:15 AM	Orientation to the course
9:15-9:30 AM	Review of literature on incidence, risk factors and prevention of burnout and caregiver fatigue
9:30-10:00 AM	Participation in and/or observation of movement, yoga and mindfulness practices
10:00-10:15 AM	Introduction of the concept of "Micro-Practices" that can be implemented anytime/anywhere
10:15-10:25 AM	Break
10:25-11:15 AM	Participation in and/or observation of "Micro-Practices" to boost energy, to calm the nervous system, to clear the mind
11:15-11:25 AM	Break out rooms for sharing about effects of Micro-Practices and how to implement on the job
11:25-11:35 AM	Open discussion and demonstration coming out of break out rooms
11:35-11:55 AM	Instructor-led discussion on how to maintain these practices to prevent burnout and caregiver fatigue
11:55-12:10 PM	Q & A

## Payment Methods:

Full payment must accompany your registration. Payment may be in the form of: cash, check (payable to SEAHEC), Visa or MasterCard.

In Person or by Mail:

**2511 Delaney Ave.**

**Wilmington, NC 28403**

By Fax (*credit card only*): **866-734-4405**

Online (*credit card only*): [www.seahec.net](http://www.seahec.net)

## Refunds/Cancellations:

- Registrants cancelling between two weeks and two full business days **prior to the first day of the event** are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than 2 weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) are welcome (notify us of this in advance of the program)

Cancellations **must** be in writing (fax, email, or mail)



If you have any question concerning accessibility or special needs assistance please email [tandra.miller@seahec.net](mailto:tandra.miller@seahec.net)

## About the Faculty



**Whitney Wilkerson**

Founder & Lead Faculty of Balance Through Movement. Whitney's work supports building and maintaining physical, emotional, & spiritual health and restores a state of joy through dialogue, mindfulness, movement, and play. Discover more about Whitney here.



**Laura Terry**

Founder & Lead Faculty of Balance Through Movement. A Physical Therapist since 1998 and a yoga instructor since 2008, Laura Terry has her own private practice of Yoga and Physical Therapy in Chapel Hill. Learn more here about Laura and her practice.

## REGISTER ONLINE

Click here for printable registration form

### Credit:

#### 3.0 NCPD (Nursing) Hours

South East Area Health Education Center (SEAHEC) is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

#### 3.0 Contact Hours

No partial credit awarded for partial attendance