

Year 1 and Year 2 Resilience Webinar Series Schedule

Updated January 2022

| SERIES | TITLE | DATE | TIME |
|---------------|---|--------------------|-------------|
| YEAR 1 | Prevalence & Severity of Burnout: Workforce Resilience as Care Quality | January 19, 2022 | 2PM EST |
| YEAR 2 | If Culture Eats Strategy for Lunch, Burnout Eats Culture for Breakfast: New Evidence About the Contagion Effect of Burnout and Impact on Safety Culture | January 20, 2022 | 12PM EST |
| YEAR 1 | Enhancing Resilience: The Science and Practice of Gratitude | February 16, 2022 | 2PM EST |
| YEAR 2 | The Funny Thing about Resilience: Evidence for Humor | February 17, 2022 | 12PM EST |
| YEAR 1 | Measuring and Understanding Health Care Worker Resilience, Work Life Integration, and Burnout | March 16, 2022 | 2PM EST |
| YEAR 2 | Institutional Resources vs. Individual Resources as Solutions for Healthcare Worker Well-Being | March 17, 2022 | 12PM EST |
| YEAR 1 | Enhancing Resilience: Three Good Things | April 13, 2022 | 2PM EST |
| YEAR 2 | Coping with Change and the Neuroscience of Hope | April 14, 2022 | 12PM EST |
| YEAR 1 | Enhancing Resilience: Practicing Safe Stress and the Science of Sleep | May 18, 2022 | 2PM EST |
| YEAR 2 | Signature Strengths at Work | May 19, 2022 | 12PM EST |
| YEAR 1 | Psychological Safety: The Predictive Power of Feeling Supported When Things Go Wrong | June 15, 2022 | 2PM EST |
| YEAR 2 | Second Victim of Harm: Coping After Things Go Wrong | June 16, 2022 | 12PM EST |
| YEAR 1 | Being Present: The Science of Mindfulness | July 13, 2022 | 2PM EST |
| YEAR 2 | The Surprisingly Robust Science of Self Compassion | July 14, 2022 | 12PM EST |
| YEAR 1 | Relationship Resilience: The Science of How Other People Matter | August 17, 2022 | 2PM EST |
| YEAR 2 | Improvement Readiness in Healthcare: Introducing a Metric that assesses the capacity within a work setting to start and sustain quality improvement efforts | August 18, 2022 | 12PM EST |
| YEAR 1 | Collaboration vs. Dealing with Difficult Colleagues: Assessing, Understanding and Improving Teamwork in a Work Setting Near You | September 14, 2022 | 2PM EST |

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| YEAR 2 | Overview of Team Training, Tools, Techniques and Integration into Existing Infrastructure | September 15, 2022 | 12PM EST |
| YEAR 1 | Science of Wow: Cultivating Awe and Wonder as a Resilience Strategy | October 19, 2022 | 2PM EST |
| YEAR 2 | Absence of Burnout is not the same as Thriving: Moving from Deficit Metrics to Flourishing Metrics for Healthcare Workers | October 20, 2022 | 12PM EST |
| YEAR 1 | Positive WalkRounds: Leader Rounding to Identify What is Going Well – Links to Quality, Culture and Workforce Resilience | November 16, 2022 | 2PM EST |
| YEAR 2 | Patient Safety Leadership WalkRounds: Links Safety Culture, Burnout and Workforce Well-Being | November 17, 2022 | 12PM EST |
| YEAR 1 | Enhancing Resilience: Survival of the Kindest | December 14, 2022 | 2PM EST |
| YEAR 2 | The Pursuit of Happiness: Methods vs. Mythology | December 15, 2022 | 12PM EST |