

Well Aware Course

by the Wellness Leader Academy at Sanford Institute of Empathy and Compassion

Are you passionate about supporting your team's mental health?

The Well Aware Course may be right for you!



Learn to Recognize, Respond to and Refer when your colleagues experience distress.

- **Expect facilitated stories from *doctors with lived experience*, expert-led content, and peer discussions on topics such as:**
 - Burnout and Systemic Solutions
 - Emotional Intelligence
 - Grief and 2nd Victim Phenomenon
 - Depression and Suicide
 - Substance Abuse
- **Format:** 5 virtual Zoom sessions and 1 in-person end-of-program celebration event.
- **Who is this for?** Anyone committed to addressing physician mental health needs



Testimonials:

- *“Having attended several physician well-being courses and conferences, I was impressed by how Well Aware set itself apart.”*
- *This was an exceptional course that deeply resonated with me both personally and professionally.*
- *I left the course with practical tools to better support colleagues in distress and a renewed sense of connection and hope. I highly recommend this course to anyone in healthcare seeking meaningful conversation, reflection, and growth in a genuinely free and supportive learning environment.”*

Express interest by clicking [here](#) or scanning the QR:

