

Are you passionate about supporting your colleagues mental health?

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

The **Well Aware** Course may be right for you!



You will learn about topics such as burnout and systemic solutions, emotional intelligence, grief and 2nd victim phenomenon, depression and suicide, substance abuse, etc., through didactic sessions, group discussions, and panelist stories.

Objectives:

- Describe the key drivers of physician distress and wellness across individual, interpersonal, and organizational domains, integrating current evidence and frameworks.
- Recognize the signs and impacts of trauma, grief, burnout, depression, and substance use in healthcare professionals, and identify appropriate support and intervention strategies.
- Implement approaches for supporting colleagues in distress and connecting them to appropriate resources.



Who is this for? Anyone committed to addressing physician mental health needs



Where?

5 virtual Zoom sessions and 1 in-person end-of-program celebration event.

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

