

# wellbeing

Growing People Hawai'i

ONLINE  
WORKSHOP  
SERIES

Join Our Workshop Series!

## Wellbeing and Resilience for Health Professionals

FOR HEALTH AND HUMAN  
SERVICE PROFESSIONALS

7-Week Regularly Scheduled Series (RSS)  
\$550 per person

September 19, 2023 - Week 1  
September 26, 2023 - Week 2  
October 3, 2023 - Week 3  
October 10, 2023 - Week 4  
October 17, 2023 - Week 5  
October 24, 2023 - Week 6  
November 1, 2023 - Week 7

Click to  
[register](#)

Maximum of 25  
people



Tracie Ann Tjapkes

 [growingpeoplehawaii.com](http://growingpeoplehawaii.com)

 808-492-2087



Discover resilience practices to positively impact your work and personal lives. Uncover pathways to greater health, deeper healing and life-long wellbeing.

*Evidence-based, tested materials designed by the University of Minnesota Earl E. Bakken Center. This workshop RSS includes 7 hours of live activity.*



# Wellbeing and Resilience for Health Professionals

What can you expect from this wellbeing series?

## Overall Series Objectives:

- Review the public health issue of stress and burnout.
- Identify practical stress coping and relaxation techniques to address and avoid burnout.
- Implement resilience habits on the job.
- Review the science and importance of resilience skills.
- Build relationships to sustain support and share resilience mindsets and skills.
- Review measures to gauge stress, burnout and resilience.

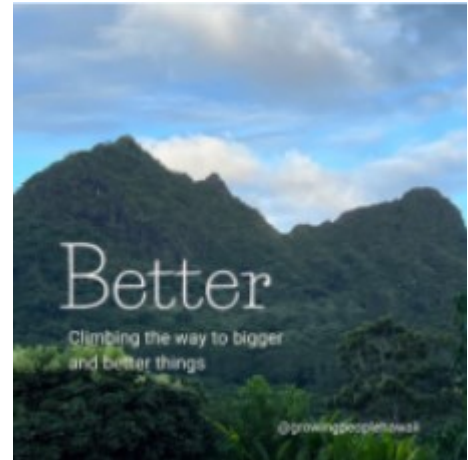
“The course offered valuable information from credible sources. I acquired techniques and connected with like-minded individuals who prioritize their well-being, which was truly inspiring.

The series emphasized the significance of human connection in self-care.

Participants consistently left each class feeling inspired, knowing they weren't alone in their wellness struggles and gaining insight into effective strategies.

Prioritizing one's wellbeing automatically enhances both the quality of life and work.”

- Steve, Wailuku, Hawai'i



scan me



Growing People, LLC

## Continuing Education:



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by Hawai'i Pacific Health (HPH) and Growing People, LLC. Hawai'i Pacific Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Hawai'i Pacific Health designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credits™* for physicians. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Hawai'i Pacific Health designates this live activity for 1.0 contact hours for nurses. Nurses should only claim credit commensurate with the extent of their participation in the activity.



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

Hawai'i Pacific Health is accredited by the American Psychological Association and designates this live activity for 1.0 continuing education credit. Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). Hawai'i Pacific Health maintains responsibility for the content of the programs.