



Chinese character for "Qi"

## **Building Teamwork, Personal and Professional Wellness: Applying Body, Mind and Spirit**

### **Audience:**

Nursing Professionals, Care Teams, Administrators, Managers

**Programs:** Half and Full-Day Workshops onsite and offsite. Perfect for annual and semi-annual retreats.

**Purpose:** Workshops will rejuvenate individuals and teams and set goals for improving productivity, cooperation and cohesion. They will increase communication across functional groups and reduce job-related stress.

### **Objectives:**

**On Your Feet Teamwork Workshops and Retreats** incorporate Mindfulness and Caritas Practices, Qi Gong Meditative Movement, Stress Reduction, Creative Play and Fun. These sessions include:

- Team assessments, *Taking Your Team's Pulse*, to pin point areas of operational and work related stress.
- "Caritas strategies" to identify opportunities for excellent patient care, and to handle intense workplace demands such as provider interactions, overloaded schedules, and difficult patients while maintaining personal health.
- Methods to increase job satisfiers and elevate work experiences in spite of routine tasks by learning to be present and happier in our lives.

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