Wellness Retreat:
Lower Stress Levels, Build Life Balance and a More Ideal Practice

Friday, 8/9/19 – Breakfast 7:30am
Program: 8:00am – 12:00pm (CME)
Telford Building, Main Auditorium
NCH Downtown Campus
Cocktails & Dinner – 5:30pm – 6:00pm
Program: 6:30pm – 8:00pm (CME)
Naples Grande Resort
8/10/19- 7:00am – Breakfast Program 8:00am – 12:00pm (CME)
Naples Grand Hotel
If you have questions, please email
annette.campbell@nchmd.org
Or call 239-624-2792

Dr. Dike Drummond

Learning Objective: *Upon conclusion of this program, participants should be able to:*
 -Identify the difference between stress and burnout
- List the three main symptoms of burnout and how they differ in men and women
- Recognize early symptoms of burnout in colleagues and themselves
-Repeat burnout's pathophysiology, effects, complications and four main causes
-Learn and practice the six most impactful stress relief tools including the ideal job description practice, schedule HACK and boundary ritual
-Receive access to the Burnout Prevention Matrix report with 117 burnout prevention tools.

Target Audience: NCH Active & Associate Medical and Allied Health Staff and any other interested attendees

Accreditation: The NCH Healthcare System is accredited by the Florida Medical Association to provide continuing medical education for physicians. The NCH Healthcare System designates this live educational activity for a maximum of 9.5 *AMA PRA Category 1 Credit(s)™.* Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Faculty Disclosure: All faculty and the NCH Healthcare System will disclose any real or apparent conflict of interest related to the content of the presentation. Faculty will also identify any off-label or investigational uses discussed as such. Neither Dr. Drummond, nor the planners have any conflicts or disclosures to make at this time.

This educational activity is being hosted by Collier County Medical Society and sponsored by the NCH Healthcare System