

SUPERHERO VISION IN 2020

DEFEAT STRESS, OVERWHELM AND BURNOUT

www.harjotsinghmd.com



Having served as the longest-running speaker on professional burnout at the American College of Healthcare Executives, Harjot Singh engages audiences time and again with exciting, evidenced-based lectures that change the course of professional careers.

AUDIENCE

- **Physicians and APP's**
- **Administrative Leaders including CSuite & BOD**

TIME FRAME

- **90 Minutes**

PROGRAM DESCRIPTION

by Harjot Singh, MD

This interactive, high energy live program teaches participants how to recognize the bad effects of stress, overwhelm, and burnout in themselves, and how they can overcome the adverse effects using their own vision and power.

This program uses decades of evidence-based information that is put together in an easy-to-use format. All attendees will begin planning their own personal balanced life strategy during our time together and will be able to identify their first action step.

This program provides value for all employees of healthcare organizations, however it is geared mainly for front-line providers. At the same time, the content is incredibly important for Leadership Teams so they can start a dialogue with the front-line providers about the topics covered during our 90 minutes.





ENGAGING TOPICS.

*THOUGHT-PROVOKING
LECTURES.*

*LIFE-CHANGING INFORMATION
FOR PROFESSIONALS LIKE YOU.*

LEARNING OBJECTIVES

After this program, all attendees will:

- Understand the difference between stress and burnout
- Understand the symptoms and causes of burnout and how they are different in different people
- Know the main reason why we are not able to overcome stress, overwhelm and burnout easily and what the first mindset shift is that they need to make to break through
- Start building their own personal vision to take the first steps toward a balanced life free from stress, overwhelm and burnout

P.S. we highly recommend significant others and spouses be invited. They are some of the only warning systems for recognizing stress, overwhelm and burnout. It helps start a dialogue at home, benefitting the people at work.
