

NURSE ADMINISTRATOR'S FORUM RETREAT 2023

How to Cultivate a Trauma-Informed Workplace

Featuring
Dr. Natalie Nugent

WHEN
MAY 15 & 16, 2023

WHERE
TREETOPS RESORT
3962 WILKINSON RD GAYLORD, MI

CONFERENCE SCHEDULE

Monday, May 15 2023

9:30 am Registration
10 am -12 pm Presentation
12 pm—1pm Lunch on site
1 pm—3 pm Presentation
5 pm Dinner on site
6:30 pm—9pm Group Activity TBD

Tuesday, May 16 2023

8 am—9 am Yoga or Hike up the (tbd)
9 am—10 am Breakfast on site
10 am—12 pm NAF Meeting

CONFERENCE FEES (per individual)

\$30 Conference and meals (includes both days)

LODGING

\$100 1 night, single occupancy

\$200 2 night, single occupancy

- ◇ Arrange double occupancy amongst NAF members as interested via NAF email
- ◇ Call Treetops by **APRIL 14**, @ 855-261-8764 and mention the NAF Group to receive group rate

TRAINING OVERVIEW

Occupational Burnout, recognized by the World Health Organization (WHO) and included in the current version of the International Classification of Diseases (ICD-11), is a condition characterized by emotional exhaustion, depersonalization, and a reduced sense of personal accomplishment (Maslach, Jackson, & Leiter, 1996). To date, efforts to respond to employee burnout have often focused on individual coping behaviors. While this is a necessary approach, it is equally important that workplace administrators and leaders seek to understand occupational risk factors and implement managerial practices that enhance workplace safety and wellness. This training will emphasize the critical role of organizational interventions and will provide actionable strategies for administrators to best support occupational wellness.

LEARNING OBJECTIVES

- Identify supervisory and leadership techniques that enhance safety and wellness in the workplace
- Learn how to support and promote individual and team-based resiliency.
- Develop actionable workplace practices that support employee growth

ADDITIONAL ACTIVITIES AVAILABLE ONSITE:

Indoor heated pools, spa, tennis courts, bonfire pits, walking trails, 5 golf courses and a fitness center. Only 3 miles from downtown Gaylord which has many great locally owned shops and restaurants.

RETURN THIS FORM BY MAY 1, 2023

To: Aimmee Mullendore, Treasurer NAF, St. Joseph County Health Department, 1110 Hill Street, Three Rivers, MI 49093

Make checks payable to: NURSE ADMINISTRATOR'S FORUM Contact Aimmee Mullendore for questions regarding credit card options

Please circle to indicate: Check included or Payment in Process

Name: _____ Phone: _____ Email: _____

Organization: _____ Address: _____

Select Conference fee From above: _____ Amount Enclosed _____

I will attend Monday Conference **YES** I will attend Tuesday NAF meeting **YES** or **NO**

Indicate any accommodations you may need: