University of Rochester Medical Center
2019-2020 Medical Faculty and Clinician Wellness Series
Co-Sponsored by URSMD Office for Faculty Development and
URMC Medical Faculty and Clinician Wellness Program

UPCOMING SEMINAR

Developing Resiliency and Coping with Work and Family Stress while Moving Through Change

Thursday, May 28, 2020
12:00 PM – 1:00 PM
ZOOM https://rochester.zoom.us/j/98553815533

Presented by

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Assistant Director of Employer Based Services

Changes at home and in the workplace often feel challenging. This training focuses on how to foster resiliency during this time of unprecedented change and stress. Additionally, we will discuss how to cope with work and family stress more effectively.

At the conclusion of this presentation participants should be able to:

1. Identify factors that foster resilience
2. Increased awareness of your own stress response
3. Identify at least two ways to manage stress more effectively

To register for this seminar:
https://forms.gle/xUAEaEFmJhgdE5vW7

Faculty, PAs, NPs, Residents, Fellows, Students and Staff are welcome to attend.

The Medical Faculty and Clinician Wellness Series is a qualifying activity for the 2021 URMC Malpractice Premium Differential Program. In-person attendance at the seminar is needed to qualify for malpractice reduction and CME credits.

ACCREDITATION The University of Rochester School of Medicine and Dentistry is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.
CERTIFICATION The University of Rochester School of Medicine and Dentistry designates this live activity for a maximum of 1 *AMA PRA Category 1 Credits(s)™.* Physicians should claim only the credit commensurate with the extent of their participation in the activity.