

# Surviving the Super Nurse/Caregiver Syndrome

**Description:** This program is designed to provide care for caregivers while helping them learn skills that will development their personal growth and management of stress. Team building participatory skills will be used help participants develop a plan of survival for themselves. Participants will acquire skills to recharge their batteries, inspire staff members and improve staff morale during times of crisis and staffing shortages.

This course is filled with lots of interaction and inner action! Participants will be re-charged, re-energized and renewed.

## **Program Format:**

**Interactive Lecture and Experiential exercises (Presented in two fifty minute segments)**

## **Program Elements:**

### **1<sup>st</sup> 50 Minutes**

- Identifying your major concerns/issues
- Expectations of Self and others
- Discovering and understanding your coping style
- Stress management tools and techniques
  - ◆ How to find the quiet within
  - ◆ How to have a good bad day

### **2<sup>nd</sup> 50 minutes**

- Creating a Personal Plan for Survival
- How to keep yourself motivated
- Learning to motivate by example
- Team building
- Time management/situational assessment and plan of action

## **Objectives:**

- ❖ Identify 3 major issues, concerns/problems faced every day and develop a plan of action for handling them.
- ❖ Identify how personal success is measured
- ❖ Identify your personal Coping Style
- ❖ Identify 4 coping strategies for your coping style
- ❖ Design your Personal Plan for Survival
- ❖ Design a Plan for Survival for your Unit
- ❖ Learn how to re-energize with motion and music
- ❖ Develop a team approach for handling problems
- ❖ Learn how to prioritize crisis
- ❖ Learn how to manage and organize your time
- ❖ Learn how to take care of yourself
- ❖ Learn how to keep yourself motivated so you motivate your staff by example
- ❖ Learn how to embrace difficulties and accept them as challenges

Fee: Negotiated with agency based on number attending

Call 1-800-346-3087 to schedule your program