



WEBINAR

The Hard Work of Heart Work

Date: **Tuesday, December 14, 2021**

Time: **9:00 – 10:00 a.m. CT**

Speaker:

Amelie Karam, Millennial Specialist
Speaker and Consultant

Cost: \$195 to NHA members (per hospital, no charge for additional lines, recordings available up to 60 days after the webinar)

Target Audience

COOs, CNOs, nursing staff, human resource professionals, compliance officers, organizational leaders, and anyone else interested in the topic.

Course Curriculum

COVID-19 changed us all, especially healthcare workers. Through time, different generations have experienced national and international events as well as personal stories that shaped them. In this presentation, Amelie Karam enlightens the audience on how these unique stories, both those experienced publicly and privately, shape individuals of all generations and play into the overall wellness of a person. This presentation sheds light on how healthcare workers can overcome compassion fatigue and burnout to ultimately become a more resilient employee.

Learning Objectives

At the conclusion of this session, participants should be able to:

- Define the different generations and their life defining moments;
- Breakdown the dimensions of wellness; and
- Explore how to prevent compassion fatigue and burnout.

Speaker Bio

After studying at the University of Arkansas, Richmond University in London, and finishing her degree in Performance and Film Studies from Loyola University in New Orleans, Karam recognized that people in her Gen Y age group, known as “Millennials,” view the world differently than previous generations. The great divide between Baby Boomers, Generation X, and Generation Y piqued her interest. She is passionate about bridging generational gaps, and speaks and consults both nationally and internationally about how organizations can better work together to attract and retain the Millennial generation to ultimately bridge those gaps.

Through her Millennial perspective and rich research, along with her background in theatre, film, health, and wellness, Karam brings an entertaining and informative voice to this important and highly sought-after topic. Past clients and conferences include Modern Healthcare, Becker’s Hospital Review, American Board of Medical Specialties, Nursing Management Congress, CONAREC-Brazil, Office of the Attorney General of Texas, Tennessee Health Information Management Association, Eastern District Bench Bar and more.