



Provider Resilience Sessions

JOIN OUR WEBINARS WHICH ENERGIZE AND SUSTAIN THE HEALTH CARE WORKFORCE

Health care providers have faced extreme stressors and unexpected transitions during this challenging year. During this series of 30-minute interactive and participatory sessions, we will reflect on what has sustained us in our professional and personal lives.

Resiliency sessions will be held every fourth Tuesday of the month (except November and December) starting in April and concluding in December. A variety of times are offered to accommodate schedules.

Providers can drop in for one or more sessions as needed by using the Zoom link for all sessions:

centene.zoom.us/j/96645591696?pwd=NkVCKzJyaGhiQnlLbG9zeWhwcm1Mdz09

Password: 921210

Mark your calendar

Date	Time (PT)
April 26, 2022	10 a.m., Noon, 3 p.m.
May 24, 2022	8:30 a.m., Noon, 3 p.m.
June 28, 2022	8:30 a.m., Noon, 3 p.m.
July 26, 2022	8:30 a.m., Noon, 3 p.m.
August 23, 2022	8:30 a.m., Noon, 3 p.m.
September 27, 2022	8:30 a.m., Noon, 3 p.m.
October 25, 2022	8:30 a.m., Noon, 3 p.m.
November 15, 2022	8:30 a.m., Noon, 3 p.m.
December 13, 2022	8:30 a.m., Noon, 3 p.m.

About our facilitator

Dr. Jeffrey Ring is a health psychologist, author, speaker and consultant working on projects related to health equity, medical education, integrated whole-person care and medical leadership. Dr. Ring has extensive clinical experience with health practitioner resilience and vitality through teaching, consultation and retreats.