

Mindfulness & Interprofessional Wellness: Strategies for navigating stress and relationships in and out of the workplace Fall 2019-Spring 2020 Brown Bag Seminar Series

An 8-part seminar series on professional wellness
through interprofessional mindfulness.

| Seminar Title | Date |
|--|---------|
| 1. Self-Awareness / Know Yourself <ul style="list-style-type: none"> Define Emotional and Social Intelligence Understand Social Style and Versatility | 8/23/19 |
| 2. Self-Regulation / Understanding Yourself <ul style="list-style-type: none"> Understand the role of the Mind-Body connection in emotional regulation Review different techniques to develop emotional flexibility | 9/13/19 |
| 3. Interpersonal Awareness / Knowing How We Affect Others <ul style="list-style-type: none"> Identify common barriers to communication Understand various social environment and interpersonal dynamics | 10/4/19 |
| 4. Mindfulness in Interpersonal Relationships <ul style="list-style-type: none"> Describe the relational aspect of mindfulness Identify the four parts of interpersonal versatility | 11/8/19 |
| 5. Role Awareness: Know your Discipline/ Profession <ul style="list-style-type: none"> Understand the role of relationship in developing role-awareness Identify common professional discipline biases | 1/24/20 |
| 6. Roles / Responsibilities Limitations <ul style="list-style-type: none"> Understand the role of the Mind-Body connection in developing professional self-regulation Review different techniques to develop interprofessional flexibility | 2/14/20 |
| 7. Recognize Other Disciplines/ Professions <ul style="list-style-type: none"> Identify common barriers to interprofessional communication Understand interprofessional practice environments and interprofessional power dynamics | 3/6/20 |
| 8. Do Something for Others, IPE <ul style="list-style-type: none"> Describe the interprofessional aspect of mindfulness Identify the four parts of interprofessional versatility | 4/3/20 |

ID/IPE

Description

This seminar series will explore the principles and practices of mindfulness as they relate to social and emotional intelligence, mind-body awareness, and interpersonal and interprofessional relationships. Participants will examine how mindfulness can reduce personal and interpersonal stress, and learn skills and strategies for navigating health workforce settings more effectively. Concepts will be applied to interprofessional teams.

Enrollment

<https://bit.ly/2OK7SZ3>

Enrollment available to the OUHSC Campus Community. Seats are limited for in-person sessions. Webinar recordings will be available online.

Meeting

12:00-1:00 pm

Principles & Practicals

1:00-1:30 pm

Embodied Practice

OUHSC Library/

Webinar Access Available

Questions

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