

Ending The Burnout Conference

**Saturday, May 13th | 9:00 am - 3:00 pm | Mt.
Carmel College of Nursing**

Our Conference

As a society, we often associate success with being over-worked, over-stressed, and over-booked. This lifestyle leads to unhealthy and unstable lives, but it seems nearly impossible to evade.

Our conference aims to reduce the burnout epidemic by helping attendees develop tools and mechanisms to enhance well-being and performance.

Agenda

9:00 am - 9:20 am | Check-in, Breakfast, Silent Auction and #Girlboss Bodega

9:20 am - 9:25 am | Welcome | Lair Marin-Marcum, LMA Chair

9:25 am - 9:30 am | Mt. Carmel Welcome | Liza Paul, Clinical Manager

9:30 am - 10:30 am | Seeking Success: Remember Who You A.R.E. | Barb Girson, ACC, RCC, **My Sales Tactics**
(<http://www.mysalestactics.com>)

Location

Mt. Carmel West

([http://latinamentoringaca](http://latinamentoringacademy.org/wp-content/uploads/2017/04/Marked-Parking-Map-for-Conference.png)

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content/uploads/2017/04/

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Conference.png)

College of Nursing

Marian Hall

127 South Davis Avenue

Columbus, OH 43222

Registration

Registration is FREE and open to all, but space is

limited. Click **here**

([http://www.endingthebur](http://www.endingtheburout.eventbrite.com)

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RSVP.

10:30 am - 12:00 pm | Mindfulness: Finding Presence and Awareness | **Dr. Jamie Marich** (**<http://www.drjamiemarich.com/>**)

12:00 pm - 12:55 pm | Lunch, Silent Auction and #Girlboss Bodega

1:00 pm - 2:00 pm | Long Live Your Heart | Dr. Anisa Shomo, University of Cincinnati

2:00 pm - 2:10 pm | Break

2:10 pm - 2:55 pm | Intro to Zumba: Maximizing Energy & Reducing Stress (INTERACTIVE Session) | Eli Felix, **WERK**

Dance Fitness

(<http://www.werkdancefitness.com/>)

2:55 pm - 3:00 pm | Closing | Sandra Carrillo, LMA Program Manager

