

Growing as a Community: Establishing a Trauma- Informed Health Care Workforce

Those who help others heal and find health must approach their work from a place of cognitive, medical, emotional, and social health. A healthcare industry that destroys its workforce fails its staff, patients, and the communities we serve. Let's set a new path forward!

After this session, participants will be able to:

- Recognize the challenges facing modern healthcare.
- Identify innovative strategies aimed at fortifying both individual and collective resilience.
- Integrate actionable solutions designed to usher individuals and teams toward a brighter, more sustainable future.
- Employ strategic roadmaps to combat adversities and foster a thriving, health-focused work environment.

ABOUT THE SPEAKER:

Matt Bennett is a renowned speaker, author, podcaster, and founder of Optimal HRV. He has over 25 years of experience and advanced mental health and leadership degrees. Matt's mission is to guide individuals and organizations in delivering exceptional healing-based solutions. His approach to integrating organizational management with trauma-informed care is groundbreaking, promoting resiliency and providing a positive change among staff.

This event is a collaboration with the Betty Irene Moore School of Nursing and Faculty and Professional Development

**May 2nd,
2024
12-1:30pm**



**Matt Bennett,
M.A., M.B.A.**

Attendees have the opportunity to join the session in-person or virtually via Zoom.

Click [here](#) to register