

# 42<sup>ND</sup> NURSING AND HEALTHCARE CONGRESS

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## **369 days: How to survive (and prevent) a year of worst-case scenarios**

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**Learning objectives:** Audience members will learn about the need for boundaries in their work and home lives, so they can prevent a year of worst-case scenarios. Michael will talk about his experience with chronic diseases, and how he overcame challenges to grow in his career.

**Activities:** The presentation will talk about how to change how you approach your daily tasks and work life, to prevent burnout and even worse health scares.

**Outcomes:** Audience will walk away from the speech with some tools to review how they work, and what areas they can change, to improve how they work.

**Conclusion:** You can accomplish more in your life and work, by focusing on what you really should be doing.

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