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LIGHT Program

Avera's new Burnout Prevention
Program for Physicians and
Advanced Practice Professionals

New Day

New Dawn

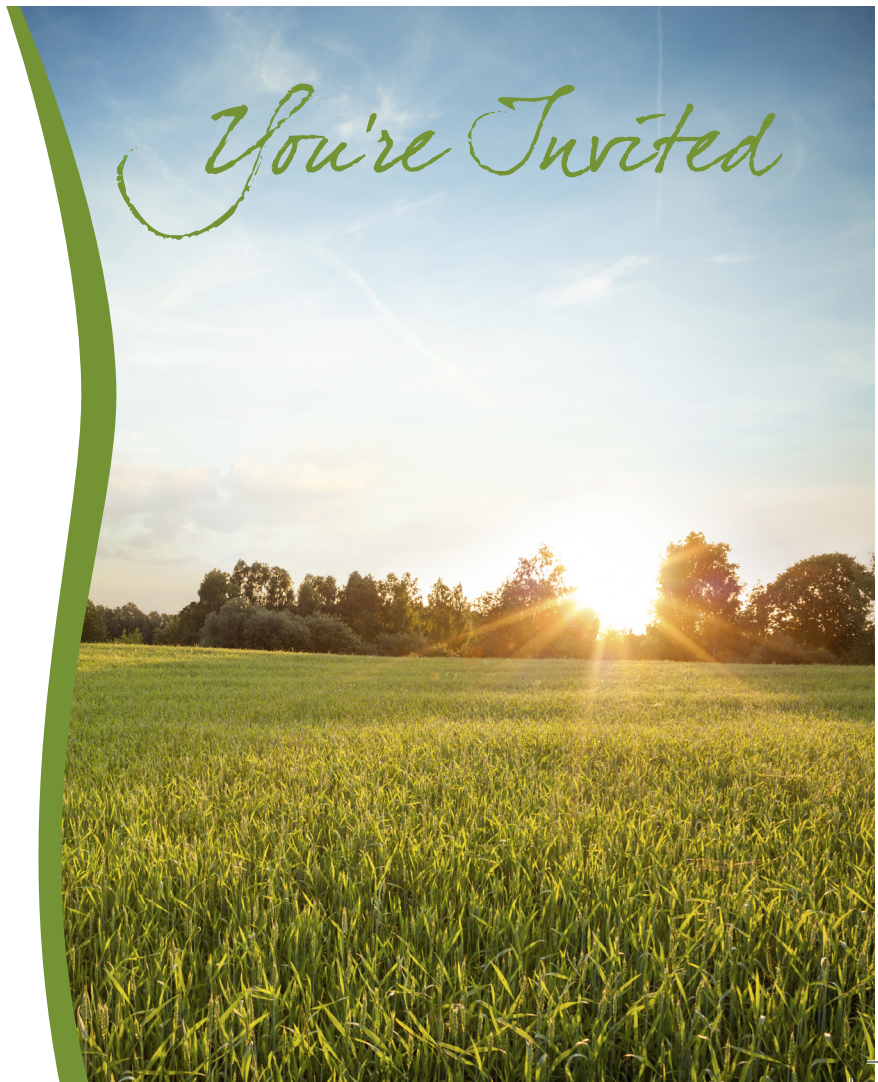
New Skills

New Level of Support

LIGHT

Live. Improve. Grow. Heal. Treat.

3900 W. Avera Drive
Sioux Falls, SD 57108-5721



You're Invited

Burnout Proof Training Sessions

Dr. Dike Drummond will teach everything you didn't learn about burnout in your training — because you didn't know to ask. These training sessions are the **LIGHT** Program's first initiative. You'll learn new ways to reduce stress, build more life balance and prevent burnout in these fun and highly interactive sessions.

5:30 – 8 p.m. July 21, Presentation/Benedictine Room, Prairie Center, Sioux Falls, S.D.

5:30 – 8 p.m. July 22, Sister Colman Room, Prairie Center, Sioux Falls, S.D.

5:30 – 8 p.m. July 23, The Old Fire Hall, 310 Fourth St., Brookings, S.D.

5:30 – 8 p.m. Aug. 12, State Street Medical Square Conference Room 1, 105 S. State St., Aberdeen, S.D.

6 – 8 p.m. Aug. 13, View 34, 4251 E. Highway 34, Pierre, S.D.

5:30 – 8 p.m. Aug. 14, The Barn, 34729 290th St., Worthington, Minn.

Watch for information with upcoming dates and locations.

Registration

Please register at Avera.org/LIGHTprogram.

Burnout Proof: Learn to Recognize and Prevent Burnout

You will learn:

- Causes of burnout
- How to recognize burnout
- Three burnout prevention tools
- How to help colleagues
- Take a burnout test to see your own stress level

Everyone is invited to the training.

These sessions are for you, your staff and even your spouse/significant other. We all suffer when burnout strikes. We all win when we work together to prevent it.

New Day, New Dawn

What is LIGHT?

A new level of care and support to lower stress levels for physicians and advanced practice professionals at Avera.

We know the rapidly changing health care workplace is stressful, and even more changes are on the way. The **LIGHT** Program is designed to give you new skills and new support to minimize the effects of stress on you, your patients, your staff and your family.

It starts with training on the No. 1 threat to your career.

Target Audience

This course is designed specifically for physicians and advanced practice professionals.

Goal

This educational activity is designed to reduce burnout, provide stress management tools, and encourage enjoyment of job, practice changes, and better balance among health care professionals.

Education

Application has been made for continuing education for physicians at Avera. Avera is accredited by the Accreditation Council for Continuing Medical Education to provide continuing education for physicians.

About Dr. Dike Drummond

Dike Drummond, MD, is a Mayo-trained family practice physician and executive coach. He is CEO of TheHappyMD.com, where he has translated hundreds of hours of one-on-one coaching with physicians into the Burnout Proof Training, One Minute Mindfulness Program and the forthcoming book "Stop Physician Burnout — What to do when working harder isn't working."