



Events

Vivian Celebrates You During Healthcare Professional Wellness Week: January 7-13

By Vivian Health | Jan 02, 2024

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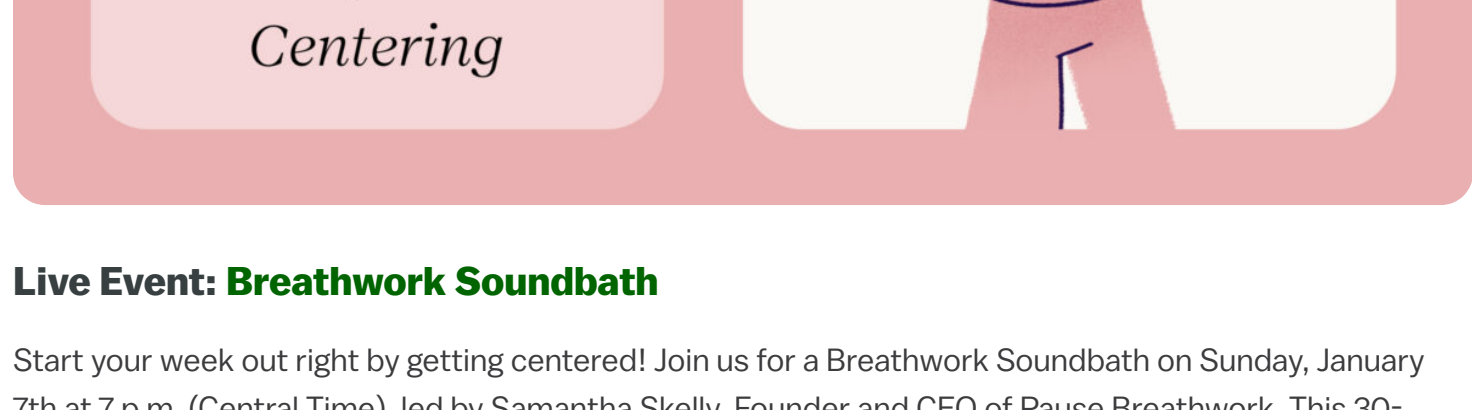


Vivian Health invites healthcare professionals (HCPs) nationwide to prioritize their self-care and well-being during our inaugural Healthcare Professional Wellness Week. From January 7th through 13th, we're offering live events, exclusive self-care **giveaways and discounts**, and valuable resources to help support and celebrate HCPs.

Take a look at our schedule of live events so you can plan on attending those that interest you. Be sure to sign up for our fantastic giveaways and snag a deal with our **featured discounts** while we celebrate you and all your fellow HCPs all week long.

Schedule of Events: Healthcare Professional Wellness Week

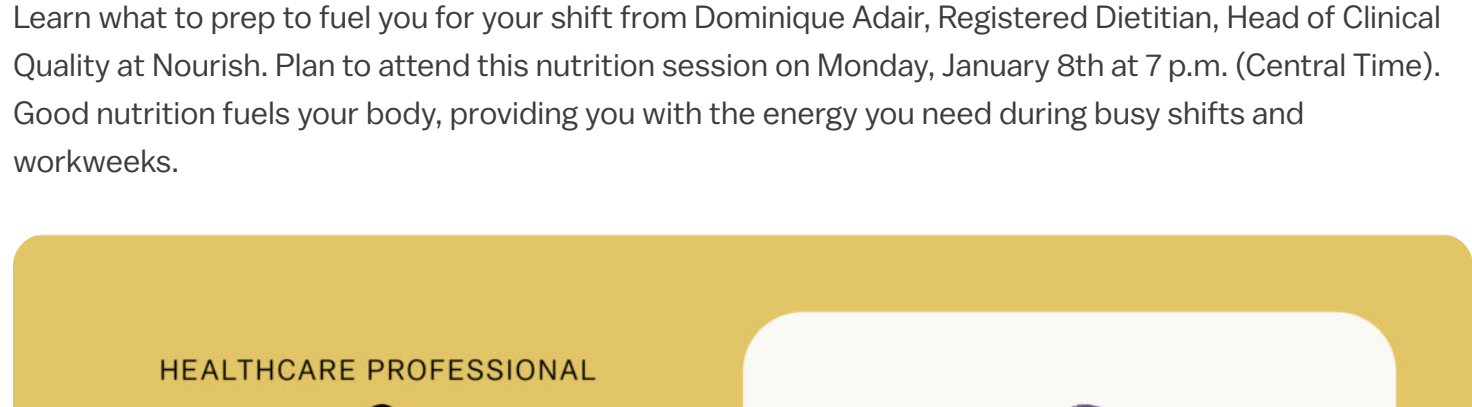
We've planned several insightful live events to help support your physical, mental and financial health. Check out our weeklong schedule to decide which sessions you want to attend.



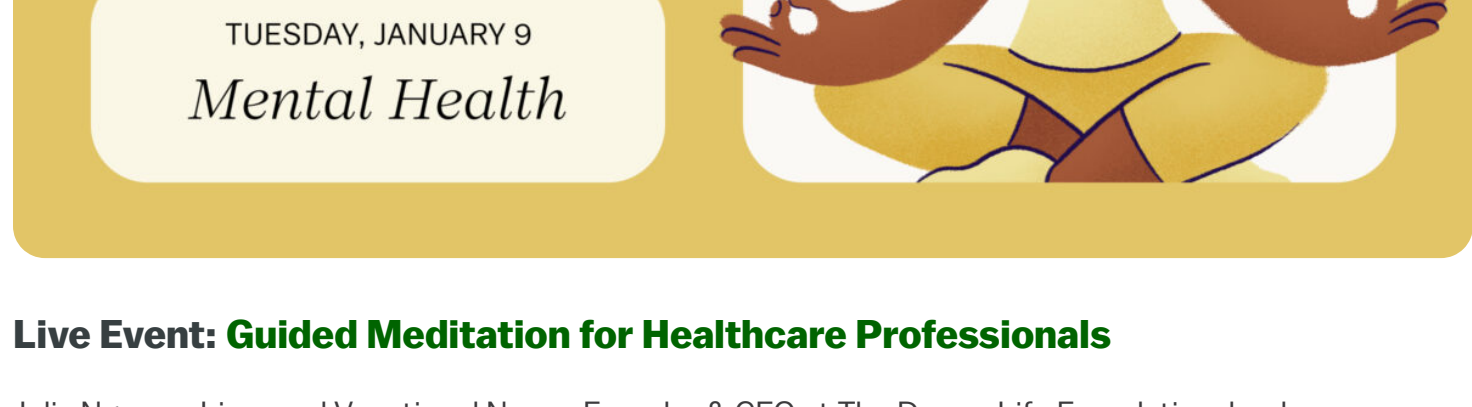
Live Event: Breathwork Soundbath
Start your week out right by getting centered! Join us for a Breathwork Soundbath on Sunday, January 7th at 7 p.m. (Central Time), led by Samantha Skelly, Founder and CEO of Pause Breathwork. This 30-minute session features meditation that helps you relax your mind and body to reduce stress and reconnect your center.



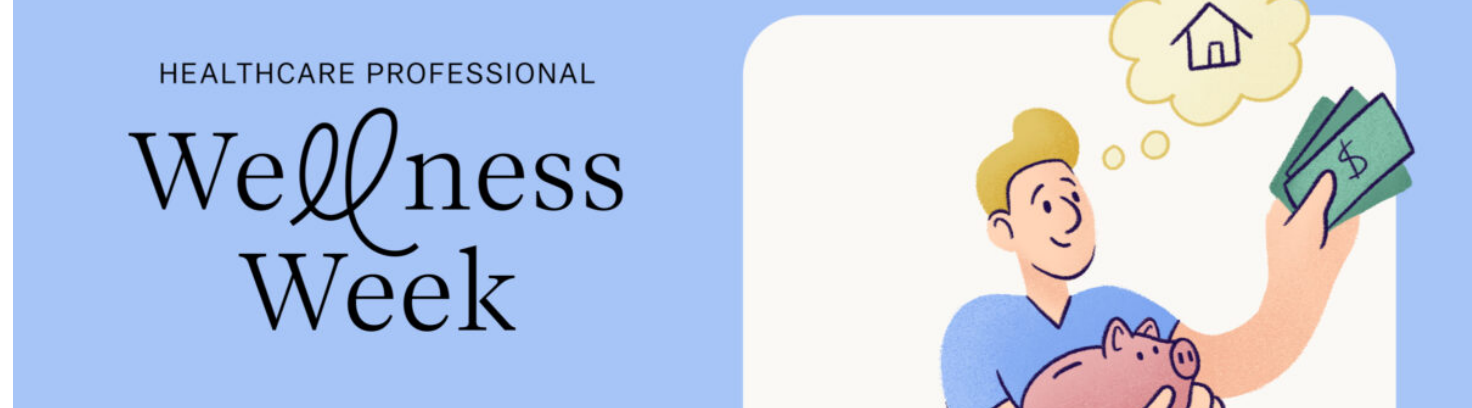
Live Event: How to Nourish Yourself: Session with a Registered Dietitian
Learn what to prep to fuel you for your shift from Dominique Adair, Registered Dietitian, Head of Clinical Quality at Nourish. Plan to attend this nutrition session on Monday, January 8th at 7 p.m. (Central Time). Good nutrition fuels your body, providing you with the energy you need during busy shifts and workweeks.



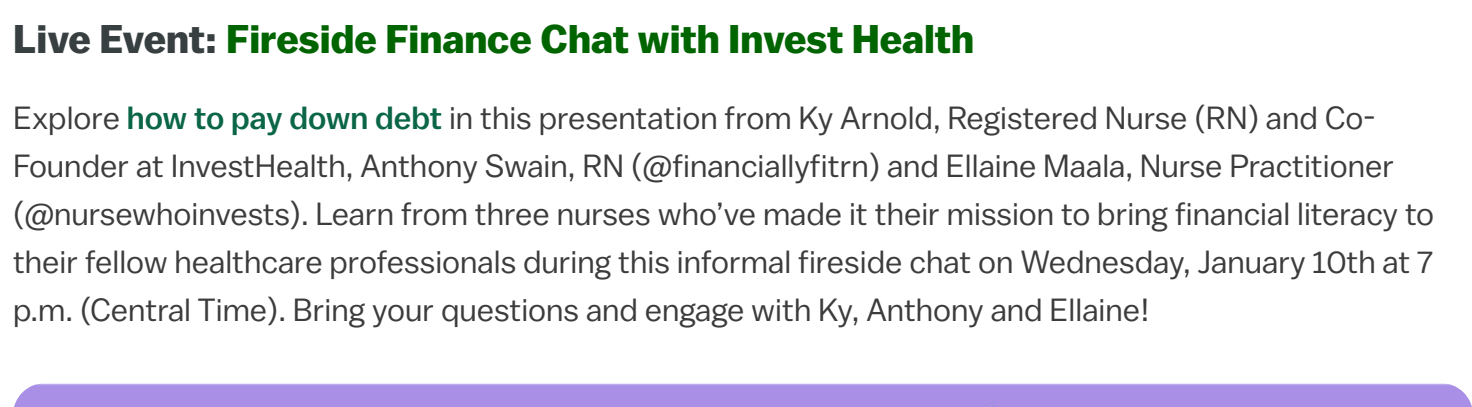
Live Event: Guided Meditation for Healthcare Professionals
Julia Nguyen, Licensed Vocational Nurse, Founder & CEO at The Dream Life Foundation, leads you through guided meditation specifically for healthcare providers. Using the power of visualization, this session will help you release the challenging aspects of your job and find your center. Learn the basic steps of meditation practice to help improve your mental health on Tuesday, January 9th at 7 p.m. (Central Time).



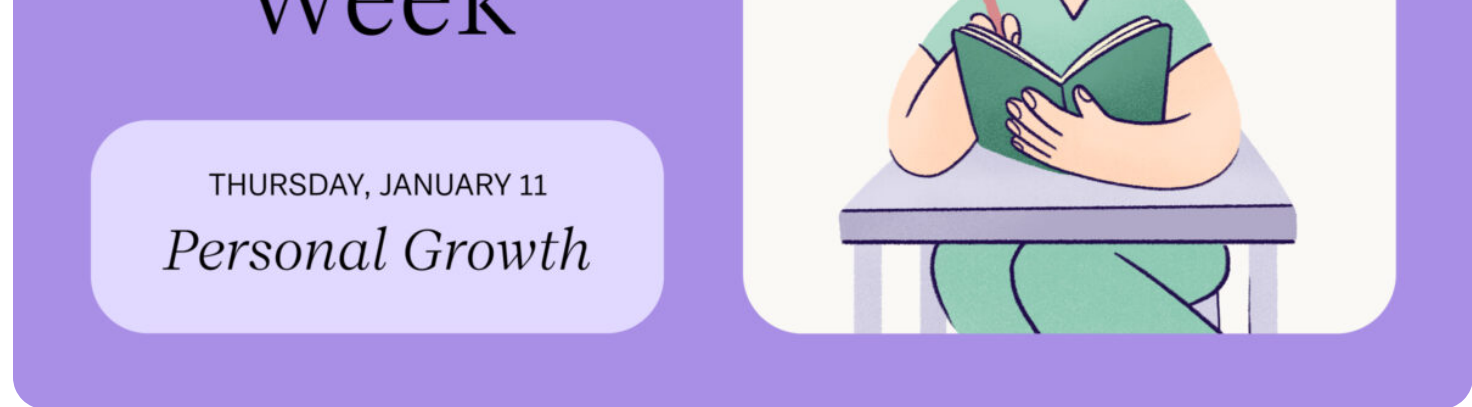
Live Event: Fireside Finance Chat with Invest Health
Explore **how to pay down debt** in this presentation from Ky Arnold, Registered Nurse (RN) and Co-Founder at InvestHealth, Anthony Swain, RN (@financiallyfitrn) and Ellaine Maala, Nurse Practitioner (@nursewhoinvests). Learn from three nurses who've made it their mission to bring financial literacy to their fellow healthcare professionals during this informal fireside chat on Wednesday, January 10th at 7 p.m. (Central Time). Bring your questions and engage with Ky, Anthony and Ellaine!



Live Event: Overcoming Loneliness & the Power of the Nurse Community
Benefit from valuable tips on overcoming loneliness with the power of the nurse community from Emily Cheng, RN, CEO & Founder at MedVenture App. Emily's journey to building her own nurse community began with feeling incredibly lonely. Loneliness often isn't discussed among healthcare professionals, but with the stress of the job, it's important to talk about its effects and open the door to new connections. Join her for a vulnerable and heartwarming conversation about how to build a community among nurses and the greater HCP community on Thursday, January 11th at 7 p.m. (Central Time).



Get Matched with a Mentor/Mentee
Mentors guide and support less experienced nurses, making them invaluable allies and teachers. Mentees benefit from the guidance provided by a mentor more experienced in the healthcare field. A good mentor/mentee relationship can be a great learning experience for both. **Sign up here** to join Vivian's new mentorship program!



Live Event: Yoga for Healthcare Professionals
Learn the ancient practice of yoga with physical poses and breathing techniques led by yoga instructor Angela Pagulayan from Flow Coach. Angela comes from a family of RNs and other HCPs and recognizes the demanding nature of healthcare professions. She crafted a specialized class tailored for HCPs seeking balance and rejuvenation. Join us for a yoga practice designed especially for you on Saturday, January 13th at 11:30 a.m. (Central Time).

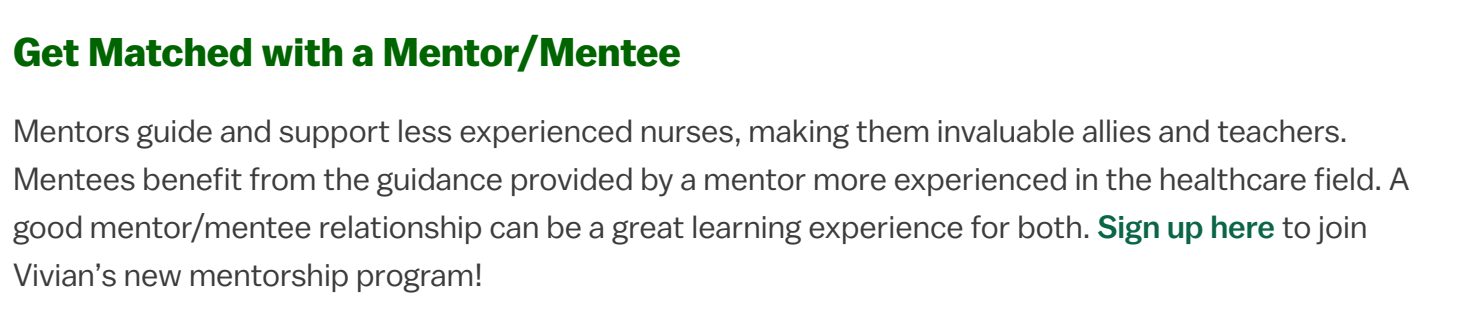
Sign Up for Our Giveaways

HCP Wellness Week
Enter our **Healthcare Professional Wellness Week Sweepstakes** for your chance to win one of our many prizes, including:

- Self-Care Book Box
- Matcha Kit from Matcha Method
- MindCheer Planner & Hoodie
- Friendship Bracelets from Little Words Project
- 1-Hour Coaching Session with Dream Life Foundation

The giveaway opens on 1/2/2024 and closes at 11:59 p.m. (EST) on 1/13/2024.

That's a wrap on HCP Wellness Week! Revisit your favorite live sessions with links to the recordings.



Vivian Health is the leading jobs marketplace built to serve healthcare professionals first. Our transparent job information not only helps nurses and allied health professionals find their next opportunity but empowers them to grow their careers.

Want to set yourself apart from everyone else interviewing? Prepare a professional portfolio as your "big boss" provides evidence of everything you mentioned during your interview. Some facilities require employees to keep these on file as part of the clinical already have one, feel free to use it.

g), and performance reviews. Sample of any items that you were a part of. You can use a 1-3 page portfolio. Portfolio is a valuable in your professional career.

Find out more

Tips on Nailing Nursing Interviews

Comments (2)

By Kasia White | January 10, 2024 at 4:01 am
Peace of mind
Joy, live, laugh and love
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By Gladys Martinez | January 9, 2024 at 5:50 pm
Love vivian
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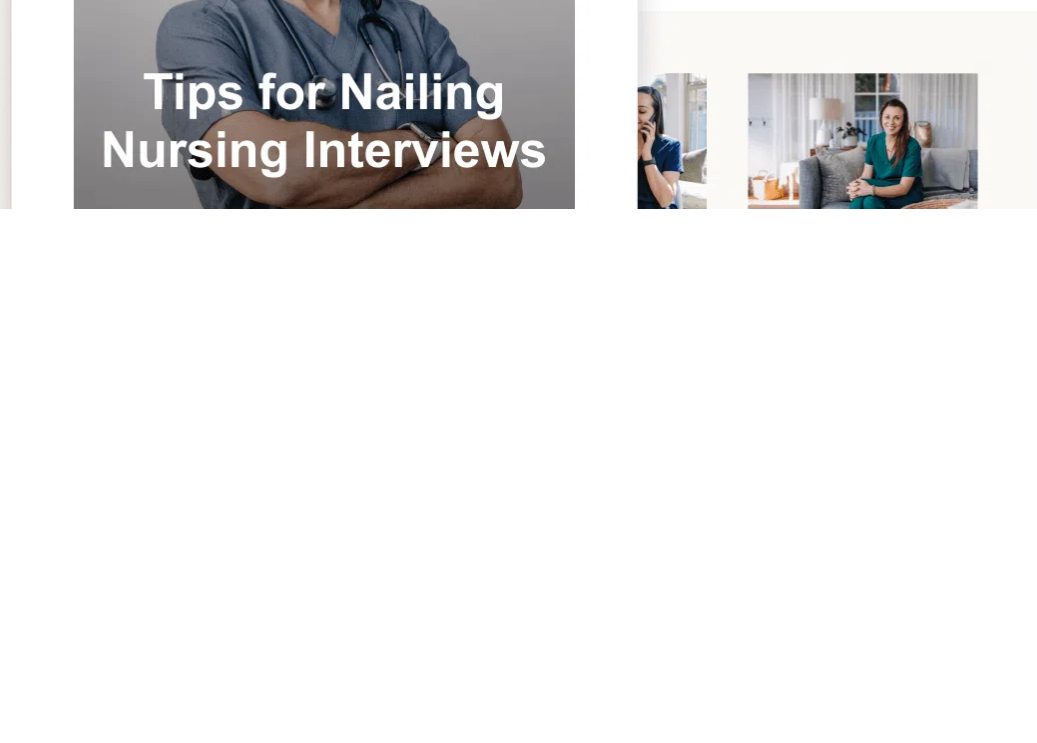
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