



Expand your skills, invest in your team!

The Four C's of Wellness

Date & Time: October 14, 2021 at 8:30am to 12:30pm **Cost:** \$245

Location: Virtual/Zoom

Description: This course is designed to support your well-being and mitigate burnout. We explore the foundations of living a brave, joyful, authentic life through courage, connection, care and compassion. As professionals, leaders, and humans, we are in the business of helping other humans, directly or indirectly. As we help others, we can sometimes lose sight of our own purpose and joy. This session explores tools to reignite our purpose and find our way back to a joyful life, in and outside of work.

Learning Outcomes:

- Identify two ways we self protect
- Recognize four key elements of wellness
- Identify one practice to attempt

To register go to sou.edu/professional

About the Presenter: Dr. Lucy Houghton is a registered nurse, culture and resilience researcher, and a board-certified wellness coach. She holds bachelor's degrees in Biology, Exercise Science and Nursing, a Masters in Sports Medicine, and a Ph.D. Organizational Leadership, Health & Human Performance. She has spent the last twenty years working in academics and healthcare in emergency services, post-anesthesia, sports medicine, and developing country community health. Lucy is a recipient of the Sears Directors' Cup Postgraduate Finalist Award, the Department of Veterans Affairs Secretary's Awards in Nursing Excellence, and a 2020 Veterans Affairs TEDx Speaker. Her research focuses on developing antidotes to burnout, loneliness, and organizational trauma through holistic resilience, courage cultivation, and emotional competency.

