

ON-DEMAND WEBINAR

360° CARE: CREATING RESILIENCE TO OVERCOME NURSE BURNOUT

Nurses are feeling overwhelmed, fatigued, and burned out. In this 60-minute free webinar, hear from our panel of experts about strategies for improving your burnout resilience in all areas of your life.

We'll talk about effective self-care strategies; ways to take care of yourself at work, whether you are in a leadership or staff nurse role; how to be the best parent you can be, even when you feel worn out; and how to be a successful student if you're pursuing a new educational opportunity.

Additionally, you will earn 0.8 contact hours of CE credit for attending this webinar on burnout resilience.

WITH PRESENTER:

Dr. Mary Bemker-Page

PhD, PsyS, MSN, MS, BSN

Dr. Mary Bemker-Page is a recognized scholar and practitioner, a dynamic and forward – thinking nurse educator/administrator, and an individual with a deep commitment to nursing and mental health. In addition to teaching at the university level for over 25 years, Dr. Bemker worked extensively in community mental health with high-risk youths and adolescents. Dr. Bemker started and maintained a counseling and development department for a Fortune 500 Company, and on both an intensive care psychiatric unit and the emergency department in the hospital setting.



WATCH WEBINAR NOW

Walden University is accredited by The Higher Learning Commission, www.hlcommission.org

Walden University is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. While professional development activities offered by an American Nurses Credentialing Center Provider Unit typically satisfy the requirements of most states, Walden University recommends that participants ensure that the content offered meets their individual requirements. To the extent that contact hours must be approved within one's state of residence or licensure, participants should check with their state board of nursing before enrolling in any professional development activity. The state board of nursing determines the number and type of contact