

Changing Minds, Changing Lives: Resilience Training for Workforce Revitalization and Sustainability

Healthcare work is inherently taxing, so workforce stability and sustainability are ongoing challenges. Changing Minds, Changing Lives (CMCL) provides an empirically validated strategic solution to boost resilience, restore morale and cultivate a culture of well-being in healthcare organizations. This experiential workshop will introduce participants to the strengths-based learning activities and the engaging group process that combine to buffer stress, boost positivity and reinforce connectedness. We will review data supporting the efficacy of this engaging program and how CMCL revitalizes the sense of calling and purpose that animates healthcare workers. A team of frontline nurses who have pioneered implementation of CMCL in a large university hospital that anchors a regional healthcare system will share their experience with this transformational intervention.