



BECOME A FORCE FOR POSITIVE CHANGE AND HEALING



# HEAL 2020

April 30-May 3 **OR** Nov 5-8  
Spring Green, WI



*"This program is not a course – it is a 'homecoming.' I witnessed myself return to being more authentic, open, powerful, aware, and more equipped to move toward my goals and vision."*  
– Arvin Jenab, Medical Director of Naturopathic Medicine, UCI

*"This is an ideal program to find your authentic self and learn to express it both personally and professionally."*  
– Gabrielle Curtis, MD, Associate Program Director of Clinical Medicine, Cox Family Medicine Residency

## RE-FOCUS, RE-ENERGIZE, RECONNECT

### BEYOND MINDFULNESS –

feel the power of working with mind-body as one.  
**Less stress, more resilience**

### BEYOND PERSONAL DEVELOPMENT –

learn how to be a force for positive change in your practice and system.  
**Less reacting, more co-creating**

### BEYOND CONVENTIONAL LEADERSHIP –

discover a path to purpose and awakening.  
**Less transacting, more transforming**

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## WHAT YOU'LL GET OUT OF IT:

- New ways to face into challenges facing healthcare and a new "you" facing them - guaranteed
- Physical access to 4 patterns in your nervous system that give you more energy, better applied
- Practices for better decision making, stronger influencing, and realizing your vision
- A pathway enlivened by physical Zen training that you can take as far and deep as you want

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### CO-SPONSORS:



Department of Family Medicine  
and Community Health  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH





## LEAD THE WAY



## LED BY

### Healthcare practitioners, leadership experts and Zen teachers...

associated with the UW Dept. of Family Medicine and Community Health (DFMCH) and the Institute for Zen Leadership (IZL), including Beth Potter M.D., Bethany Howlett, M.D., Dennis Tirman, and Ken Kushner Roshi

## ACCREDITATION

### Accreditation and Credit Designation Statements

In support of improving patient care, this activity has been planned and implemented by the HEAL program and SSM Health and is jointly accredited by the American Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

#### ACCME – physicians

SSM Health designates this live activity for maximum of 25 AMA PRA Category 1 Credits™.

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### ANCC – nurses

SSM Health designates this live activity or a maximum of 25.0 ANCC contact hours.



**NO PRIOR MEDITATION OR PHYSICAL TRAINING REQUIRED**

## SCHEDULE

### 6pm Thurs. – 3pm Sunday

On Fri., Sat. and Sun., we start early (6 am) and run late, with flex time in the afternoon. The weekend is carefully balanced with time for meditation, physical training, practical application, and reflection.

## LODGING

We've negotiated a discounted rate at the beautiful, nearby [Silverstar Inn](#). Once you register and indicate your lodging preference, we'll take care of reserving your room. A limited number of shared rooms are available at a reduced price.

## COST

Includes all program materials and meals

**\$ 1665 (April) / \$1615 (Nov) Prgm + private room**

**\$ 1515 (April) / \$1465 (Nov) Prgm + shared room**

**\$ 1195 Program only**

A limited number of [scholarships are available](#), if you wish to apply. Or contact [bill@zenleader.global](mailto:bill@zenleader.global) for a sample letter asking your organization to sponsor you.

REGISTER NOW:

**HEAL APRIL 30-MAY 3**

REGISTER NOW:

**HEAL Nov. 5-8**

**ZENLEADER.GLOBAL**



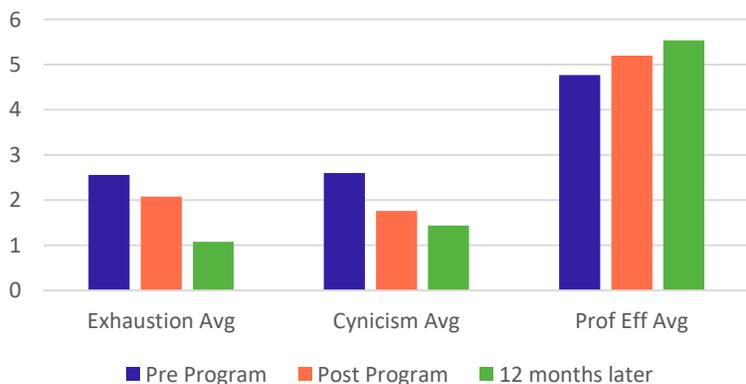
LEAD THE WAY



## HEAL BURNOUT

We administer the Maslach Burnout Inventory (MBI) to our participants to study whether the HEAL program can have an immediate and long term effect on burnout. In the limited longitudinal data we've been able to collect so far from 5 participants in our first cohort who also completed the MBI a year later, we saw improvements in all dimensions both pre-and post program and over time.

MBI CHANGES PRE- POST-PROGRAM AND OVER TIME



The MBI measures Exhaustion, Cynicism, and Professional Efficacy and has a large database (Leiter and Schaufeli, n=47,800) from which norms are:

- Exhaustion: 2.26 (SD=1.47)
- Cynicism: 1.74 (SD=1.36)
- Professional Efficacy: 4.34 (SD=1.17)

Scores from our HEAL participants pre-program were close to these norms, with Cynicism being somewhat higher. Immediately post program, Exhaustion was well below the norm and Professional Efficacy well above it, and showed continued improvements over the next year.

*Take time to learn more about yourself and connect emotionally, physically, mentally and spiritually. This experience is life changing and will help you to balance among the daily chaos.*

– Melissa Bergerson, Chief Nursing Officer, Black River Memorial Hospital

*This program is infused with wisdom and truth. It gives each participant the skills to create the necessary conditions to live and lead from your most effective self.*

– Kristi Crymes, DO, Family Physician



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