



Learning Objectives

MedBridge

Optimize Your Career and Beat Burnout Part 1: Identify Your Ideal

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Upon completion of this course, learners will be able to

- Identify the underlying causes that contribute to burnout in healthcare
- Adapt the self-determination theory to improve work fulfillment
- Identify potential areas of work fulfillment using the job demands and resources model
- Interpret the research regarding physical activity and well-being at work
- Compare personal and professional values