

Learning Objectives

MedBridge

Optimize Your Career and Beat Burnout Part 2: Create Work–Life Balance

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Upon completion of this course, learners will be able to

- Identify the research regarding finding their purpose and connection to improve their workday
- Recognize how structured gratitude practices can improve work and life satisfaction
- Recognize the steps to creating a better circumstance in their workday
- Identify effective communication strategies to utilize with their leaders
- Contrast effective and contentious communication strategies in negotiating a win-win with their employers