

The Ultimate Recipe for an Energetic Life!

Strategies to reverse fatigue and burnout in healthcare

Saturday, January 10, 2015

Regular Cost: \$50

EARLY BIRD COST: \$40 (register by Dec 7, 2014)
Undergraduate Student and group discounts available

Time

Registration: 8:00 am – 8:30 am | Seminar: 8:30 am - 12:00pm
(Continental breakfast served)

Location

Sewall Center on the Robert Morris University Campus
6001 University Blvd, Moon Township, PA 15108

Target Audience:

nurse faculty, nurse educators, nursing students,
nurse leaders, charge nurses, nurse administrators

RECIPE

Recipe from the kitchen of: RTconnections, LLC
Serves: 1 Prep Time: 30 mins Total Time: 3.5 hrs.

Ingredients for:

Strategies to reverse fatigue and burnout in healthcare:
• 1 part of identifying 3 strategies to decrease fatigue and burnout in healthcare
• 1 part of the 6 simple steps you must take to live an energetic and engaged life
• 1 part of the success habits you can change TONIGHT to feel rested and ready to go tomorrow morning!

Directions: Mix everything together and it is
The Ultimate Recipe for an Energetic Life!

Do you need caffeine and chocolate to make it through your day? Are you dragging by mid-afternoon? Unfocused? Unproductive? You're not alone. Millions of people feel tired and sluggish – even burned out – on a daily basis. The Ultimate Recipe for an Energetic Life gives you the information you need and desire to finally feel vital and productive!

OBJECTIVES

Participants will be able to...

- Identify 3 strategies to decrease fatigue and burnout in healthcare
- 6 simple steps you must take to live an energetic and engaged life
- Success habits you can change TONIGHT to feel rested and ready to go tomorrow morning!

REGISTER NOW at:

rtconnections.com/rtw024

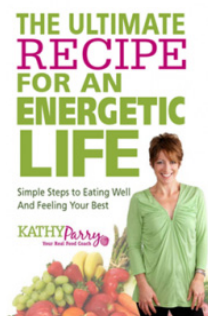
Facilitator:

Renee Thompson, DNP RN, CMSRN
CEO and President, RTconnections, LLC



Guest Speaker: Kathy Parry

Your Ultimate Real Food Coach, and author of,
"The Ultimate Recipe for an Energetic Life".



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