

▶ ON-DEMAND WEBINAR

360° CARE: CREATING RESILIENCE TO OVERCOME NURSE BURNOUT

Nurses are feeling overwhelmed, fatigued, and burned out. In this 60-minute free webinar, hear from our panel of experts about strategies for improving your burnout resilience in all areas of your life.

We'll talk about effective self-care strategies; ways to take care of yourself at work, whether you are in a leadership or staff nurse role; how to be the best parent you can be, even when you feel worn out; and how to be a successful student if you're pursuing a new educational opportunity.

Additionally, you will earn 0.8 contact hours of CE credit for attending this webinar on burnout resilience.

WITH
PRESENTER :

**Dr. Mary
Bemker-Page**

PhD, PsyS, MSN, MS, BSN

Dr. Mary Bemker-Page is a recognized scholar and practitioner, a dynamic and forward-thinking nurse educator/administrator, and an individual with a deep commitment to nursing and mental health. In addition to teaching at the university level for over 25 years, Dr. Bemker worked extensively in community mental health with high-risk youths and adolescents. Dr. Bemker started and maintained a counseling and development department for a Fortune 500 Company, and on both an intensive care psychiatric unit and the emergency department in the hospital setting.

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