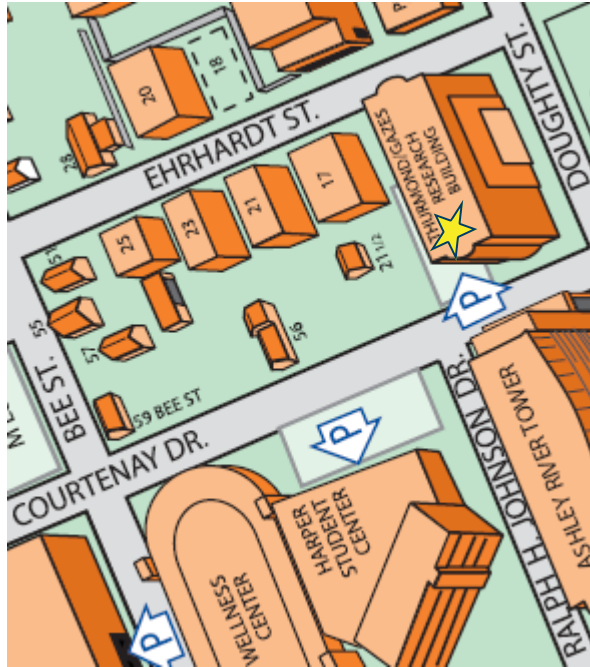


Location & Parking

The Conference will be held in the Solomon Room in Thurmond/Gazes Research Building, 114 Doughty Street, Charleston, SC 29425. Limited parking is available beside the building. Parking is also available in the Jonathan Lucas Street garage located at President and Doughty Streets. **Parking fees are the responsibility of the attendee.**



MUSC Employee Assistance Program

67 President Street, MSC 801
Charleston, SC 29425

Non-Profit Org.
US Postage
PAID
Charleston, SC
Permit No. 254



presents



Doing More With Less: Leadership Tools for Success in a Poor Economy

Tuesday, March 6, 2012

12:00 pm - 1:45 pm

Solomon Room, Thurmond/Gazes Research Building
114 Doughty Street, Charleston, SC 29425

This lunch and learn seminar will offer human resource personnel, managers, business owners, and supervisors tools on how to be successful in a poor economy.



The use of this seal is not an endorsement by the HR Certification Institute of the quality of the program. It means that this program has met the HR Certification Institute's criteria to be pre-approved for recertification credit."

Objectives

At the end of this program, participants will be able to:

- Recognize physical and mental signs of burnout.
- Describe working conditions and policies that most often lead to burnout.
- Develop strategies for prevention and recovery from burnout.
- Discuss economic, social and organizational factors that contribute to chronic high level stress among employees, and the substantial costs associated with having a chronically stressed workforce.
- Describe the variety of benefits associated with mindfulness training that will result in positive effects for the individual, workgroup, organization and our community at large.
- Discuss the value of establishing a mindfulness practice for oneself, as a result of first-hand experience with a brief mindfulness practice during this program.

This program will increase the HR professional's knowledge of workplace policies that both positively and negatively affect an employee's likelihood of experiencing burnout.

Agenda

- 11:30am - 12:00pm Check-in, lunch, and networking
- 12:00pm - 12:45pm **Preventing Employee Burnout**
Jeni Bowers-Palmer, MEd, LPC, CEAP
Director of Employee Assistance
Medical University of South Carolina
- 12:45pm - 1:00pm Break
- 1:00pm - 1:45pm **Increasing Effectiveness Through Mindfulness**
Tammy L. Yarnall, MA, LPCI
Counselor, Employee Assistance Program
Clinical Instructor, Dept of Psychiatry & Behavioral Sciences
Medical University of South Carolina

Conference Fee: \$25

The fee includes conference materials, certificate of attendance, and lunch.

Cancellation Policy: To receive a refund, cancellations must be received by Friday, March 2, 2012.

If you have any questions or concerns, please contact Caitlin Norfleet at norfleet@musc.edu or (843) 792-0175.

Credit

- This program has been approved for 1.50 (General) recertification credit hours toward PHR, SPHR and GPHR recertification through the HR Certification Institute.
- The SC Board of Examiners for Licensed Professional Counselors, Marriage & Family Therapists, and Psycho-Educational Specialists will approve 1.5 hours of CE credit.
- The SC Board of Social Work Examiners will approve 1.5 hours of general credit.
- The SC Board of Examiners in Psychology will approve 1.5 Category A credits.

Registration Form

Doing More with Less: Leadership Tools for Success in a Poor Economy
Tuesday, March 6, 2012

PLEASE NOTE REGISTRATION CLOSSES FRIDAY, MARCH 2, 2012.
(online registration available at www.muschealth.com/psychevents)

Name & Title: _____
(as you would like it to appear on your nametag)

Company Name: _____

Mailing Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Payment Method: Check (payable to MUSC Psychiatry)
 Visa MasterCard American Express Discover

Card Number: _____

Expiration Date: _____

Special Needs (dietary or physical): _____

Mail to: Psychiatry Post Graduate and Professional Education
67 President St., MSC 861, Charleston, SC 29425