



2022 Leadership Workshop
LEADING WITH SELF-CARE
SATURDAY, MARCH 5TH VIA ZOOM

8:45am-8:55am Introductions and “house-keeping”

9:00am-10:55am Leading with Self-Care part I

- Describe how chronic stress impacts the body and mind
- Identify stressors impacting your work
- Define principles of self-care and reflect on your own practice

11:00am-11:25am BREAK

11:30am-12:35pm Leading with Self-Care part II

- Discuss the relationship between self-care and leadership
- Develop your own self-care plan
- Summarize how we can lead the future by implementing self-care practices

12:40pm-1:00pm OSMA Leadership Q&A Session

"Certificate of Engagement" for those who participate

Registration Information

- FREE Workshop is for **Oregon Medical Assistants ONLY**
- Limited to the first 80 registered
- Must register no later than Feb/27th @ 11:59PM
- Register at this link: [LeadershipWorkshop](#)
- Questions? VirnCCC@gmail.com