

# WELLNESS AND THE WORK ENVIRONMENT

Professional Development Online Seminar Series (Wellness and Leadership)

Presented as part of the Creating a Healthy Learning Environment Course



Dr. Ange Cooper, PhD, R.Psych, Assistant Dean Wellness **October 18<sup>th</sup>, 2022**

**1830-1930 hrs**

By the end of this webinar, participants will be able to:

- Discuss how cultural and systemic factors within medicine impact physician and learner wellness.
- Consider the factors that lead to healthy work environments e.g. psychological safety
- Consider the human factors that impact wellbeing e.g. perfectionism, self-esteem issues and tolerating emotional complexity.

To access webinar: [Connect here via MS Teams](#)

Or visit the CPD Faculty Development website for link.

Or contact [FacDev@Dal.Ca](mailto:FacDev@Dal.Ca) if you would like an invite sent to your Outlook calendar

We highly recommend logging in *15 minutes* before the start time.