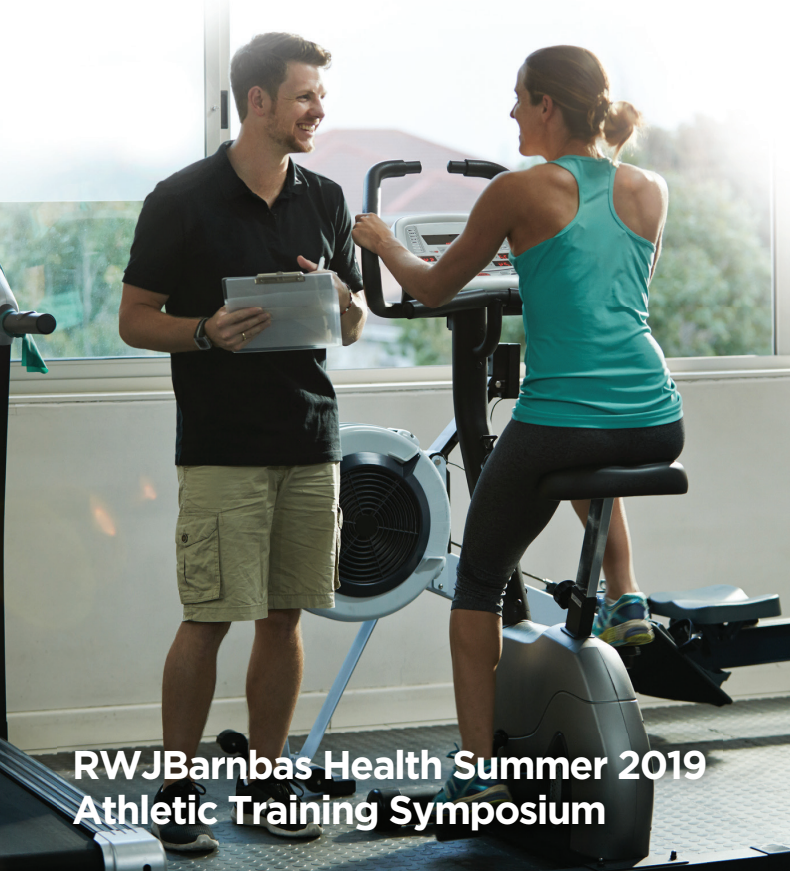


Sponsored by
The Matthew J. Morahan III
Health Assessment Center for Athletes

SUMMER SYMPOSIUM

We Matter Too: A Guide to Athletic Trainer Self-Care and Personal Growth



RWJBarnabas Health Summer 2019 Athletic Training Symposium



Matthew J. Morahan, III
Health Assessment Center for Athletes
RWJBarnabas Health



**RWJBarnabas
HEALTH**



Robert Wood Johnson
University Hospital Hamilton
Robert Wood Johnson
University Hospital Somerset
Saint Barnabas Medical Center



Provider ID P10032.
The Matthew J. Morahan III
Health Assessment Center for
Athletes is recognized by the
Board of Certification, Inc. to
offer continuing education for
Certified Athletic Trainers.

Saturday June 15, 2019

8:00 AM | Check in & Registration

9 AM to 1:30 PM | Seminar

RWJ Somerset Steeplechase Cancer Center

Third Floor Conference Room
30 Rehill Avenue, Somerville, NJ 08876

**Offering 4.0 BOC-Approved CEUs
to Certified Athletic Trainers**

As an athletic trainer, in order for you to provide your best care and deliver your highest quality service, you must take care of yourself as well. This free "TED Talk-style" athletic training symposium is guaranteed to be a unique, powerful educational experience in a highly-engaging format. It features nine dynamic speakers delivering powerful 18 minute lessons -- all focused on helping you sharpen your saw. With a focus on self-care, "soft skills," and interpersonal dynamics, this course is designed to empower you, as an athletic trainer, to maximize your impact within our communities and within your profession. Attendees will hear educational messages from top experts in their fields intended to inspire you to grow your communication, interpersonal, and leadership skills. As an added bonus, the event will end with a guided "Why Discovery" small group workshop.

Overall Learning Objectives:

Participants will be able to:

- ▶ Recognize qualities of High Reliability Organizations and how they identify and avoid medical errors
- ▶ Identify strategies to manage anxiety and fatigue and reduce burnout
- ▶ Determine how to balance growing professional responsibilities with life outside of work
- ▶ Apply communication strategies to enhance relationships, build rapport, and develop personal brand
- ▶ Develop personal power and cultivate leadership qualities applicable within the athletic training profession
- ▶ Demonstrate an understanding of one's personal purpose and "why"

Core topics will include:

- ▶ High Reliability Organization Concepts
- ▶ Treat Yourself As If You Were Your Athlete: How ATCs Must Develop Self-care
- ▶ Developing Your Own Mental Health Emergency Action Plan
- ▶ Leveraging Relationship for Difficult Conversations
- ▶ Work-Life Wave
- ▶ Communicate: Practical Skills to Enhance Message Delivery
- ▶ Building Your Personal Brand
- ▶ The A, B, C's of Leadership Development
- ▶ Developing Personal Power

There is no fee to attend this seminar.
Complimentary breakfast and lunch will be provided.
Registration is required by emailing teamlink@rwjbh.org or visiting rwjbh.org/events and searching Athletic Trainers