

Leadership Training Seminars

December 17, 2024, January 14 & 28, February 11 & 25, 2025

11:30 am-1:00 pm

Webinar

Tapping into the core competencies of Social-Emotional Learning (self-awareness, self-management, social awareness, relationship skills, and responsible decision-making).

Session 1: How our thinking governs our experience

This session focuses on becoming aware of our thinking so we know when it is working and when it is not working.

Session 2: The Four Cornerstones

Create a culture that develops the potential of colleagues and themselves.

Session 3: What's Our Why?

Become aware of your mission, purpose, and the values you bring to your work.

Session 4: Knowing How To See Things Differently: The Frame

The Frame helps people understand why they are getting the results they are getting out of life.

Session 5: Manage Stress From The Inside Out & Reduce Negativity

Ways to manage chronic stress & reduce negativity.

Who Should Attend: All Leaders or developing Leaders.

Continuing Education: Clock Hours: 7.5

This workshop is designed to meet the continuing education requirements for the MN Board of Nursing. It is the responsibility of the nurse to determine whether these activities meet the current criteria for continuing education.

Registration Fees

Medi-Sota Members: \$220/Facility

Non-Medi-Sota Members: \$350/Person

Register [HERE](#)

Prior to the program, you will receive an email with any additional course information. Registration Deadline: April 29th at 5 pm ensures all registrants will receive course information & any materials in a timely manner.

If you should have any questions contact Alyssa
Christianson at achristianson@medi-sota.org

Medi-Sota, Serving Rural Health

Cancellations must be made no later than 15 business days prior to the start of the course. The full course fee will be charged if cancellation is made in less than 15 business days. Full refunds will be given for all classes cancelled by Medi-Sota. Registration is transferable to another person.