

## Ditch the Drama: Turn Excuses into Results

June 12, 2025

Webinar & Recording

11:00 - 12:00 pm

### Description

Emotional waste shows itself as resistance to change, entitlement mentalities, complaints about workload, over-dependence upon management, lack of nimbleness and adaptation, and using circumstances or the environment as excuses for missed goals.

Emotional waste erodes business cases for new implementations, slows the growth of organizations, and drains much of the margin on even the best business concept. And yet, most financially minded leaders and investors ignore the incredible opportunity to reduce emotional expenses in favor of more concrete reductions in spending on expenses.

As with any waste, the best way to reduce that waste is through implementing great processes and engaging great people. Learn how drama negatively impacts our organizations and how to instantly pave a path towards efficiency and success.

### Key Learning Objectives:

1. Learn to defuse drama
2. Understand how perceptions impact our interactions
3. Uncover destructive thought patterns within yourself and others

**Instructor:** Angelina Salazar, CEO, Western Healthcare Alliance

**Continuing Education:** Contact Hours: 1.0

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

### Registration Fees

**Medi-Sota Members: FREE**

**Non-Medi-Sota Members: \$60/Person**

**Register [HERE](#)**

Prior to the program, you will receive an email with course connection & materials. **Registration Deadline: June 19th by 5 pm** this ensures all registrants will receive course information & any materials in a timely manner. The recording will be available to all registrants for 60 days.

If you should have any questions, contact  
Alyssa Christianson or [achristianson@medi-sota.org](mailto:achristianson@medi-sota.org)

**Medi-Sota, Serving Rural Health**

*Cancellations must be made no later than 10 business days prior to the start of the course. The full course fee will be charged if cancellation is made in less than 10 business days. Full refunds will be given for all classes cancelled by Medi-Sota. Registration is transferable to another person.*