

LEARNING OBJECTIVE	Workshop #1 - Innovation Begins with "I"	Workshop #2 - Rehearsing Ideas	Workshop #3 - From Ideas to Impact
Thinking Skills			
Stimulate curiosity and inquiry	X		
Expand idea range	X	X	
Enhance critical thinking			X
Develop and cultivate new mental models for innovative thinking	X	X	
Develop new problem-solving skills		X	X
Surface creativity	X	X	
Cultivate a growth mindset			X
Workplace Behavioral Skills			
Build and strengthen observational skills	X		
Learn new techniques for overcoming self-limiting beliefs	X		
Strengthen resilience	X	X	X
Enhance behavioral flexibility		X	
Develop increased behavioral empathy		X	X
Develop new openness to diverse perspectives		X	X
Apply creativity to workplace challenges			X
Collaborative Skills			
Learn to build high performance team culture		X	
Strengthen collaborative behavior	X	X	X
Increase engagement		X	X

LEARNING OBJECTIVE	Workshop #4A – Personal Training for Self-care	Workshop #4B – New Sight Creating Psychological Safety
Fitness Training		
Cultivate Muscle Activation Habits	x	
Increase Flexibility	x	
Develop Critical Strengthening Technique	x	
Learn Exercises for Painless Transfers	x	
Learn Techniques for Safe Lifting	x	
Increase Body Comfort with Stretching	x	
Breathing Techniques		
Learn Assistive Breathing Techniques (mood & heart-rate regulation)		x
Practice Breathing Assisted Lifting Technique	x	
Practice Breathing for Stress Management		x
Improved Physical Work Performance		
Enhance Performance with Proper Hydration Habits	x	
Review Nutritional tips for Maintaining Energy	x	
Caregiver Self-care Routines		
Learn 10-Minute Personal Training Routine to Start your Workday	x	
Learn 10-Minute Personal Training Routine to End your Workday	x	
Positive Psychology		
Identify Personal Strengths		x
Experience Strategies for Coping with Stress	x	x
Enhance Workplace Cohesion and Support		x
Stimulate Positive Relationship Development		x
Develop Skills for Fostering Happiness and Joy in Residents		x
Enhance Empathy for Co-Workers and Residents		x