

Corey Martin, MD – Presentation Outlines and Objectives

Moving From Surviving to Thriving

Burnout is epidemic in healthcare and many other professions. Dr. Martin talks about how common burnout is and the consequences to our personal wellbeing, the organizations we work for and the people and patients we care for. He shares simple, efficient techniques to combat and prevent burnout and improve our relationships with our loved ones, colleagues, customers, and patients.

Duration: 1 - 2 hours

Target audiences: healthcare, workplace, education, general interest, wellness, churches

Objectives:

1. Review current state of burnout in healthcare providers and the tie to quality, safety, experience and retention.
2. Understand the power of strong relationships on our health, happiness and longevity.
3. Understand that we are all leaders in this work and be able to identify opportunities that we have every day to incorporate resilience in our personal and work lives.
4. Understand the association between gratitude, health and happiness
5. Understand the science of happiness pertaining to the “three good things” gratitude tool and be able to incorporate into their daily life
6. Discuss the importance of Random Acts of Kindness on our overall happiness
7. Understand how to write an effective gratitude letter.

Resilient Leadership

This training combines the principles of adaptive leadership, personal and organizational resilience, and gratitude into a powerful day long leadership development curriculum. Participants will gain insights on improving communication through perspective taking, awareness of polarities, and understanding their own personal triggers. They will receive hands on opportunities to develop tools and techniques to build a support system to grow more resilient individuals and teams.

Duration: up to 8 hours of course material

Target audiences: Workplace, healthcare, education

Reconnecting in of World of Disconnection and Social Isolation (or How to Get Your Mojo Back during Covid-19)

Since Covid-19, do you feel like you have lost your mojo? Do you find it difficult to connect with friends, family and colleagues? When you scroll through social media, do you wonder how people can really think that way? Do you think that maybe, just maybe, we are more alike than different AND if given the chance, we could once again have meaningful, connecting conversations that would fill our hearts and connect us in ways that we long for? This talk is a powerful, experiential session based on the principles of the Center for Courage and Renewal that will help you understand how much power and control you have to make a meaningful difference in creating the connected life we all long for.

Duration: 1 hour of course material

Target audiences: Workplace, healthcare, education, general interest, wellness, churches.

Objectives:

1. Understand ways that we can all help build connection and community
2. Build an awareness of how it feels to be labeled as “different”
3. Identify ways to meaningfully, personally reconnect in times of disconnection and social isolation.

The Science of Gratitude

Scientists have tied gratitude to greater health, happiness, and more joy in social relationships at home, work, and our communities. Dr. Martin offers the scientific perspective on gratitude and techniques that result in improved health, happiness and longevity.

Duration: One hour

Target audiences: Workplace, healthcare, education, general interest, wellness, churches

Objectives:

1. Understand the association between gratitude, health and happiness
2. Review the health effects of positivity on immune function, longevity and cardiac function
3. Understand the science of happiness pertaining to the “three good things” gratitude tool and be able to incorporate into their daily life
4. Discuss the importance of Random Acts of Kindness on our overall happiness
5. Understand how to write an effective gratitude letter.

The Power of Social Connection

The quality of our relationships is best predictor of our long term health, happiness, and longevity. In this talk, Dr. Martin discusses the importance of relationships and the detrimental effects loneliness has on our communities and our own mental and physical wellbeing.

Duration: One hour

Target audiences: Workplace, healthcare, education, general interest, wellness, churches

Objectives:

1. Understand the power of strong relationships on our health, happiness and longevity.
 2. Understand that we are all leaders in this work and be able to identify opportunities that we have every day to incorporate resilience in our personal and work lives.
 3. Understand the prevalence of loneliness and the importance loneliness plays on our health.
 4. Be able to identify “4am friends” in your life.
-

Mindset Matters. The importance of mindset on stress and wellness

Our mindset and how we approach situations have significant implications for our health, happiness, and patient outcomes. Dr. Martin talks about the science behind mindset and how our mindset of stress impacts our work, our health and the people around us.

Duration: One hour

Target audiences: Healthcare, education, wellness, workplace, general interest, churches

Objectives:

1. Understand the role of mirror neurons in our emotional health
 2. Understand the role mindset play in stress
 3. Identify at least 3 ways that mindset can improve health and wellbeing
-

Anatomy of Trust

This talk combines the principles of everyday leadership, personal and organizational resilience into a deep dive into what it means when we say we don't trust someone. Participants learn tips and tricks on how to build trusting relationships in their organizations and their personal lives and how that actually leads to less burnout and more meaning and joy in our lives.

Duration: 1 to 2 hours of course material

Target audiences: Workplace, healthcare, education, general interest, wellness, churches.

Objectives:

1. Discuss the importance of trust and psychological safety in building great teams
2. Discuss how building relationships with members on the team builds trust
3. Develop a framework for building trust in organizations and our personal relationships

Need More Time?

Do you feel like you just never have enough time? This talk combines principles of everyday leadership, personal and organizational resilience, into a powerful session that will help you understand how you sabotage yourself into believing you don't have enough time in your life. We will get clear on the values that allow you to create time and space for the things that matter and help you build a support system to find joy, meaning and purpose in your life.

Duration: 1 to 2 hours of course material

Target audiences: Workplace, healthcare, education, general interest, wellness, churches.

Objectives:

1. Identify 3 core values for their life.
2. Identify at least one current routine activity that undermines your stated values and priorities.
3. Choose at least one new action to support your values and prioritize your time

BIG (Boundaries, Integrity, and Generosity of Assumption) Principles

This talk combines the principles of everyday leadership, personal and organizational resilience into a deep dive about how our perspective of other's actions and the difficulty we have setting

boundaries and holding people accountable undermine our search for joy, meaning and purpose in our lives.

Duration: 1 to 2 hours of course material

Target audiences: Workplace, healthcare, education, general interest, wellness, churches.

Objectives:

1. Identify at least one boundary to set in order to be more generous in your assumptions.
2. Discuss the barriers healthcare providers face in building relationships and leading teams
3. Develop a framework for building trust in organizations and our personal relationships

Letting go of Perfectionism

This talk combines the principles of everyday leadership and personal resilience for a deep dive into understanding the role perfectionism has in our daily lives. We will discuss the role perfectionism had in our training, and how it is commonly mistaken for healthy striving. We will discuss approaches to combat the negative effects of perfectionism and how to give ourselves permission to let go of unhealthy perfectionistic tendencies and to treat our self with compassion.

Duration: 1 to 2 hours of course material

Target audiences: Workplace, healthcare, education, general interest, wellness, churches.

Objectives

1. Understand how pervasive the culture of perfectionism is and its connection to shame.
2. Identify how we use perfectionism as one of the tools of numbing our emotions.
3. Understand the role perfectionism had in our training in healthcare.
4. Understand how to combat the negative effects of perfectionism.
5. Understand the difference between perfectionism and healthy striving.

The Recipe for Being a Good _____....(friend, leader, spouse, colleague)

Do you wish you always knew just what to say? When bad things happen to those around you, are you afraid of saying the wrong thing and so then just say nothing? This talk combines the principles of everyday leadership, personal and organizational resilience to gain insights about why we do these things and how to overcome them with simple techniques focused on perspective taking, empathy and self-compassion.

Duration: 1 to 2 hours of course material

Target audiences: Workplace, healthcare, education, general interest, wellness, churches.

Objectives:

1. Select tools that can be used to promote personal self-care/resiliency.
2. Name at least two practices of self-compassion.
3. Discuss the difference between empathy and sympathy

A Life Well Lived

In this talk, Dr. Martin discusses the five most common regrets of the dying. This talk focuses on vulnerability and how to develop a meaningful life with everyday practices that can help you live a life without regrets.

Duration: One hour

Target audiences: Workplace, healthcare, education, general interest, wellness, churches

Objectives:

1. Select tools that can be used to promote personal self-care/resiliency.
2. Identify at least one boundary to set in order to be more generous in your assumptions.
3. Name at least two practices of self-compassion.

Dare to Lead™

Dare to Lead is an empirically based courage-building program, based on the research of Dr. Brené Brown. Leaders who participate will learn skills for having hard conversations, holding themselves and others accountable, leading with empathy and connection, building trust, giving and receiving feedback, and picking yourself back up quickly after disappointments and setback. This 24-hour workshop, facilitated by Dr. Martin, a Certified Dare to Lead Facilitator™, focuses on courage as a collection of four skill sets that are teachable, measurable, and observable.

Upon completion, participants have the option to take an exam stating they are Dare to Lead trained, giving them a LinkedIn badge recognizing their mastery of the four skill sets of courage

and admission to a private LinkedIn group. Further information is available at <https://daretolead.brenebrown.com>

Duration: 24 hours of course material (longitudinal or in 3 full day sessions)

Target Audiences: Leadership development of organizations

The Daring Way™

Being courageous and authentic is “in style”. Yet most of us won’t ever let our guard down and instead of being ourselves, we live each day covered in armor in our workplaces and homes. These interactive sessions deal with the courage it takes to be authentic and vulnerable and how to get up and rise when you fall. This workshop is based on the research of Brené Brown, one of the world’s leading experts on courage, vulnerability and resilience.

Duration: 8-16 hours of course material (longitudinal or day long sessions)

Target audiences: Workplace, healthcare, education, general interest, wellness, churches