

## KACE Leadership & Self-Care On-Demand Webinar Course Information

### **Title: Rising to the Call of Leadership**

#### **Presented By:**

Karen Sturchio

Karen has been working in Senior Services since the summer of 1981 and became a licensed Administrator in 2002. In 2013, Karen earned her Master of Health Care Leadership from Friends University. In 2016 Karen joined the team at Kansas Christian Home serving as the Chief Executive Officer (CEO). Using the 39 years of experience to guide her, Karen demonstrates her leadership and industry knowledge daily in operations, quality improvement, and employee engagement. Karen believes true empowerment and staff engagement creates a supportive culture where residents and staff flourish.

#### **Course Description:**

Leadership during the pandemic is more challenging than ever before. With the constant need to consume and disseminate the ever changing COVID-19 requirements while maintaining excellence in operations, leaders are pulling from their personal reserve to get through each day. This presentation will address some of the common challenges of leadership in stressful times focusing on proven, evidence-based techniques to support and encourage the Heroes among us.

### **Title: Resilience to Thrive Through, Rather Survive Challenging Times**

#### **Presented By:**

Dr. Carla Cheatham

Dr. Carla Cheatham began in psychosocial services with an MA in Psychology, certification in trauma therapy, PhD in Health & Kinesiology, and M.Div. before working 10 years as an interfaith chaplain and bereavement coordinator. Carla is a national keynote speaker and consultant focusing on emotionally intelligent and resilient professionals and organizations, Chair of NHPCOs Ethics Advisory Council, former Leader for NHPCO's Spiritual Caregivers Community, Adjunct Professor at Seminary of the Southwest, and Assistant Professor for University of Maryland's MS in Palliative Care. She publishes books and videos about resilience, communication, boundaries, grief, healthy leadership, service recovery, and emotionally competent professionals.

#### **Course Description:**

The fields of resilience, emotional intelligence, grief and loss, trauma-informed care, and post-traumatic growth have much to teach us about navigating the multiple challenges our world

and industry are facing. This presentation will provide relevant research from these fields and practical techniques for instilling greater resilience in ourselves, personally and professionally, as well as our teams. The better we show up for ourselves in this way, the better able we will be to co-create resilience in our organizations and model the same for those residents, patients, clients, and families whom we seek to serve.

**Title: The Stress of Leadership and Practical Strategies for Stress Management**

**Presented By:**

Jenny Lamb

Jenny Lamb, LCSW is an energetic and dedicated professional who has worked in and around the health and wellness industry for over 20 years. Jenny is currently the MSW Field Education Director and Lecturer at Washburn University in the Social Work department. Prior to her position at Washburn Jenny worked with older adults in retirement and extended care community living. She received her Masters of Social Work from Washburn University in 2006 and completed her postgraduate training obtaining her clinical social work license in 2013. Jenny is passionate about promoting a culture of wellness within a multidimensional framework while focusing on strengths and the principle of self-determination. Additionally, Jenny has over 10 years experience working in the mental health field providing treatment in both inpatient and outpatient settings and maintains a private practice providing individual, couple and family therapy in her community.

**Course Description:**

This course will provide the participant with education regarding stressors affecting those in leadership positions and how these stressors impact wellness in both the individual and the organization. Additionally, practical stress management techniques will be offered allowing participants to learn how to model self-care to team members and provide support within their competencies to those they lead.