ONCOLOGY GRAND ROUNDS
Wellness Initiative
Tuesday, December 3rd, 2019

“Building Personal Resilience Capacity”
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Director, Recruitment & Organizational Development, LHSC

Objectives:
- Explore concept of resilience and show how it relates to energy, stress and performance
- Learn a simple Heartmath technique to increase personal resilience and ability to manage your energy and emotions

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REFRESHMENTS WILL BE PROVIDED BY:
Department of Oncology, Schulich School of Medicine & Dentistry
London Regional Cancer Program