

# Rediscovering Your Joy

## VIRTUAL TRAINING

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### WHEN

May 6, 2025  
8:00 AM – 9:30 AM

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### PROGRAM FEE

MHEI Member: \$30

Registration is available to MHEI Members  
ONLY

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### REGISTER

To register, please visit [MHEI.org](https://mhei.org). After you register, you will receive the virtual training log-in instructions including meeting ID and password information.

Questions? Contact Kelly Yost, Manager of Programs & Membership: 410.796.6239  
[kyost@mhei.org](mailto:kyost@mhei.org)

**REGISTER NOW**



## Program Overview

You work in a highly complex and turbulent ever-changing environment that can deplete you emotionally, mentally and physically.

By participating in this session, you can embark on a journey toward rediscovering your joy and fulfillment that initially drew you to the profession.

## Program Objectives

1. Reflect on why you chose healthcare in the first place
2. Identify tools to prioritize well-being
3. Create a supportive network to foster ongoing encouragement and accountability

## About the Speaker

**KATRINA COLEMAN, BSN, MSN**

Over the past 25+ years, Katrina has consulted and coached hundreds of managers in developing and implementing key skills to create focus on achieving goals and easing their busy schedules. Katrina is a master's prepared nurse and an ATD-Certified Coach.