# Mindfulness & Interprofessional Wellness: Strategies for navigating stress and relationships in and out of the workplace

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## **Guest Speakers**



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# Part 5: Role Awareness



#### **InterPERSONAL Effectiveness**

Self Social **Awareness Awareness** Self Relationship **Management Management** 



#### InterPROFESSIONAL Effectiveness

Role Interprofessional Awareness Awareness



Role Management Interprofessional Management



### **Interprofessional Effectiveness**

Values /
Ethics

**Interprofessional Communication** 



Roles / Responsibilities

Teams and Teamwork

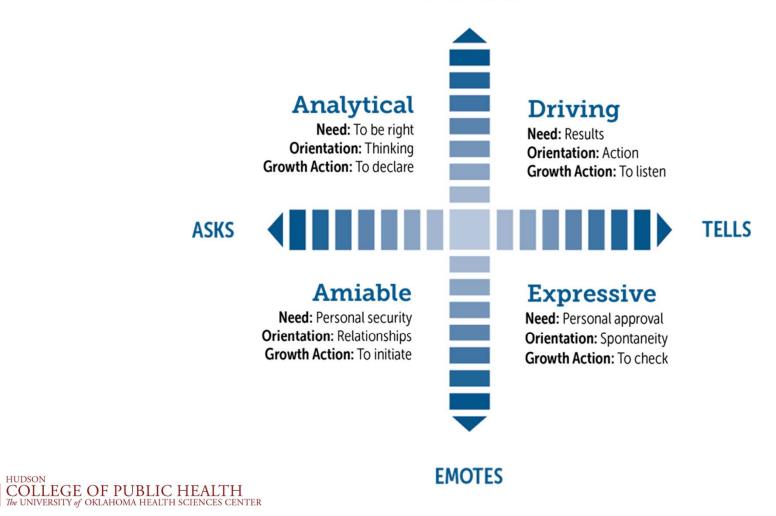


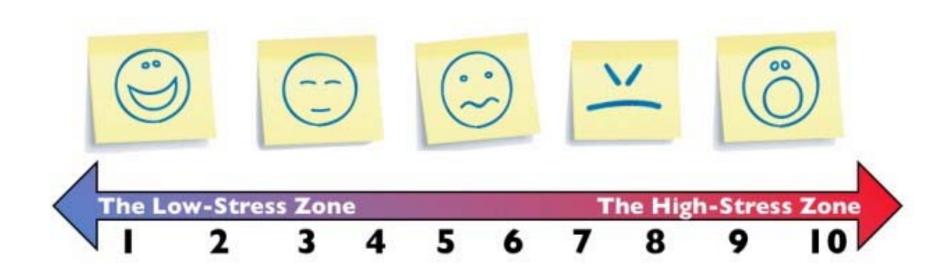






#### **CONTROLS**

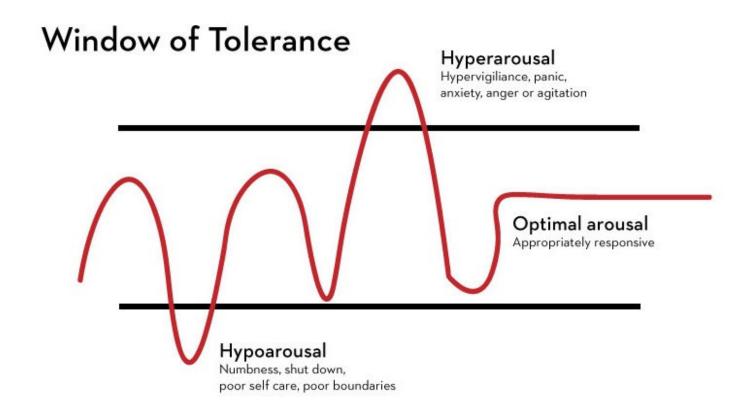




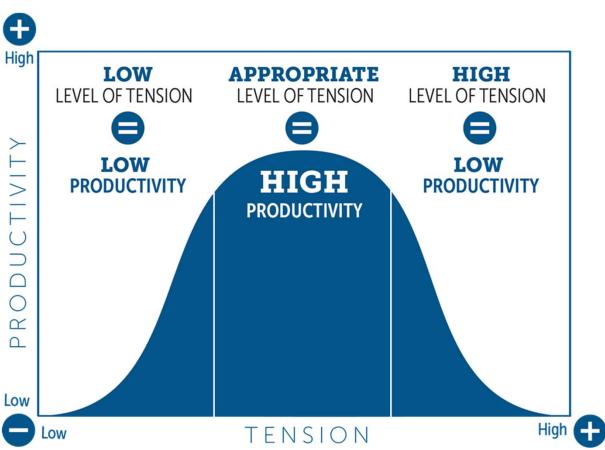














#### **CONTROLS Analytical Driving** AVOIDS: Withdraws to AUTOCRATIC: Takes charge reduce personal tension to reduce personal tension **TELLS ASKS Amiable Expressive** ACQUIESCES: Goes along ATTACKS: Confronts to to reduce personal tension reduce personal tension **EMOTES**

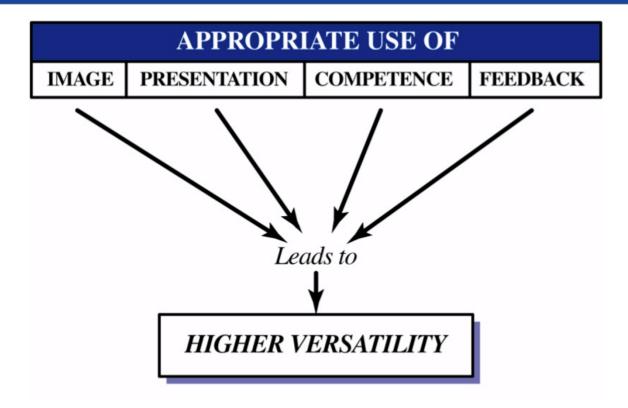






#### **SOCIAL**STYLE\*\*

# Do Something for Others

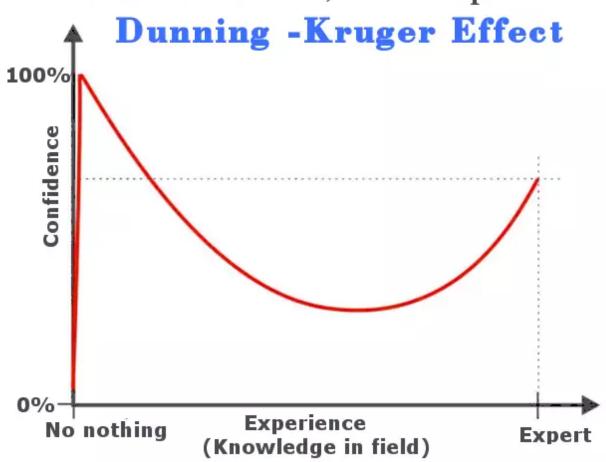








More Confidence, Less Competence







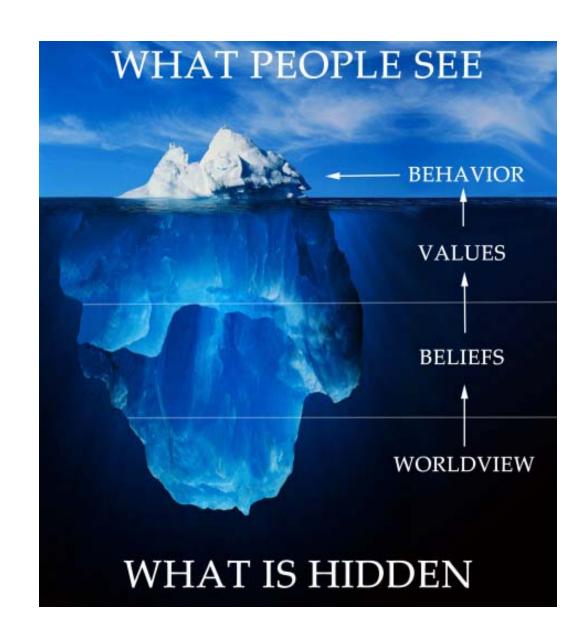














Map A. The Dartmouth Atlas hospital referral regions

