

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

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# Guest Speakers



Edwin (Gerry) Ibay, J.D.



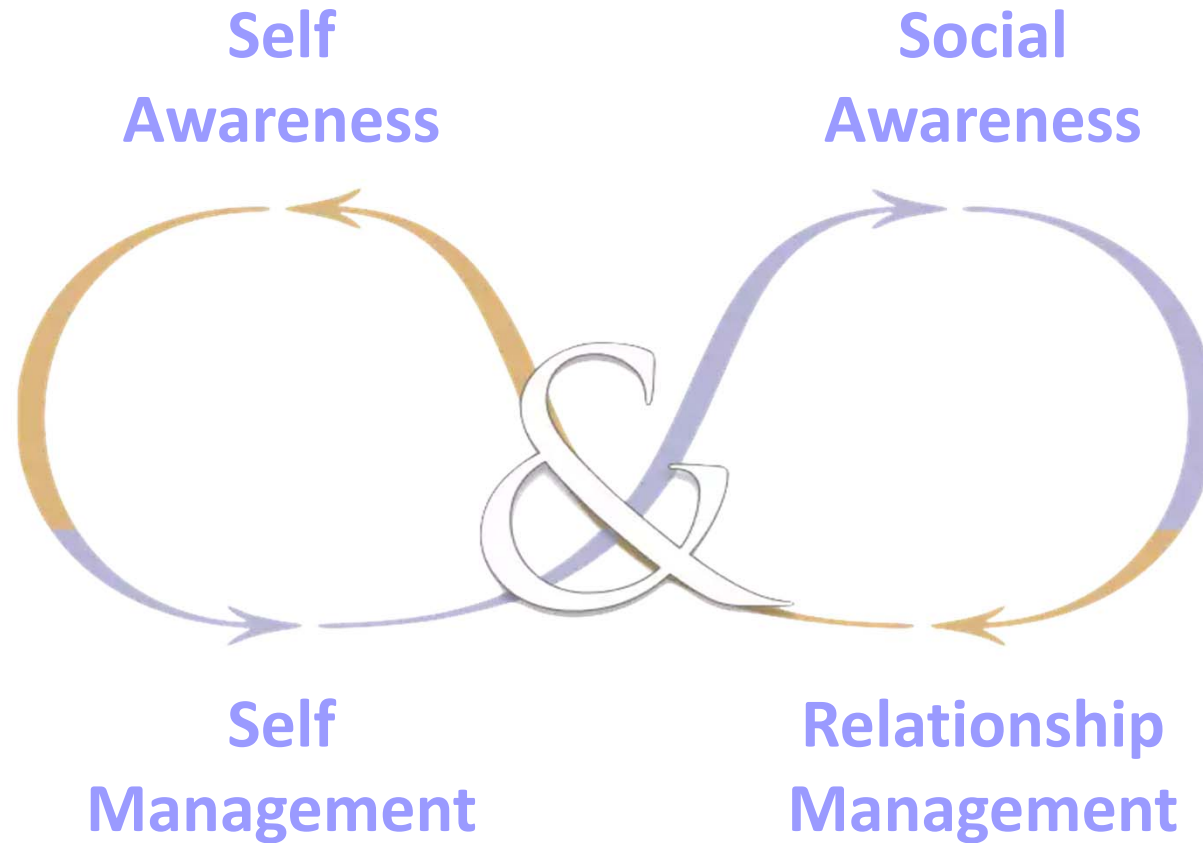
Katie Eliot, PhD, RDN/LD, FAND



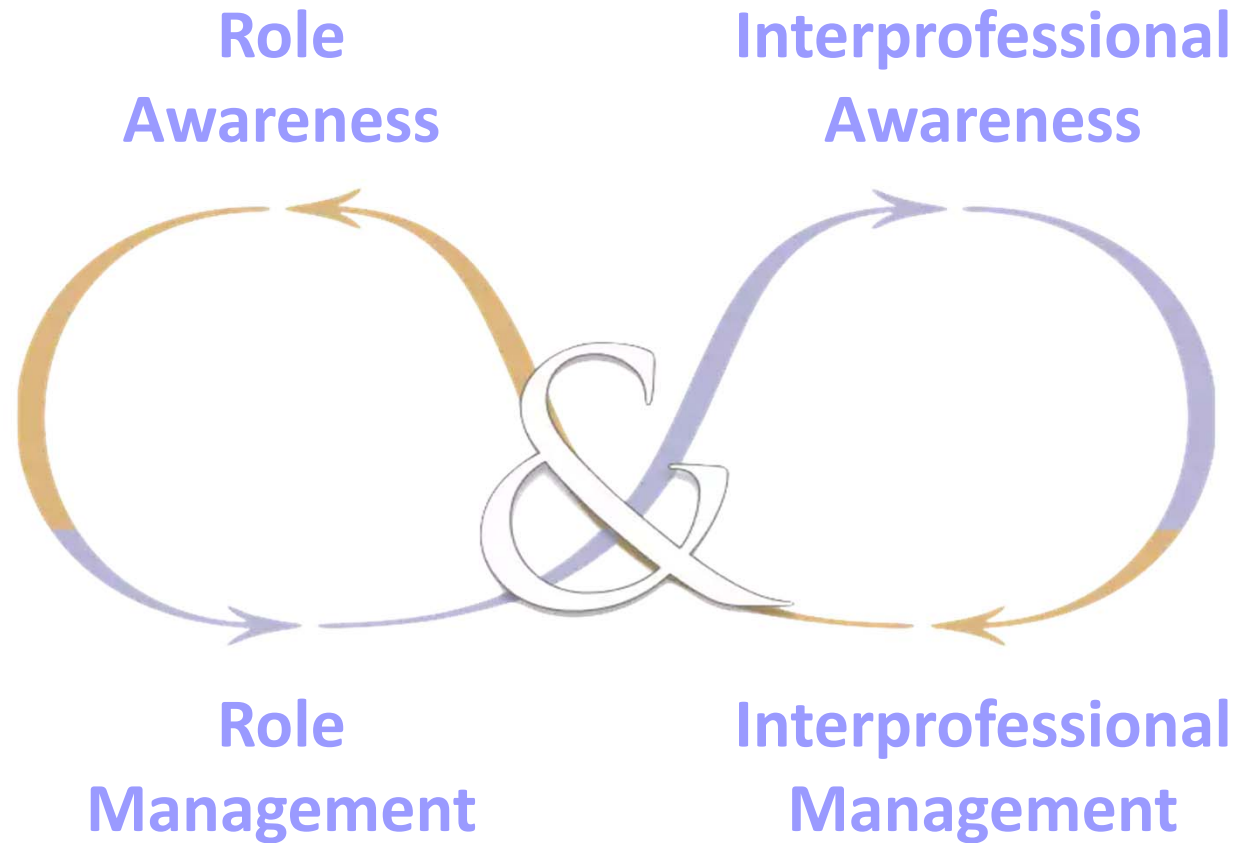
Tammy McGowen, MSN, APRN,  
PCSN-BC, CNOR

# Part 5: Role Awareness

# InterPERSONAL Effectiveness



# InterPROFESSIONAL Effectiveness



# Interprofessional Effectiveness

**Values /  
Ethics**

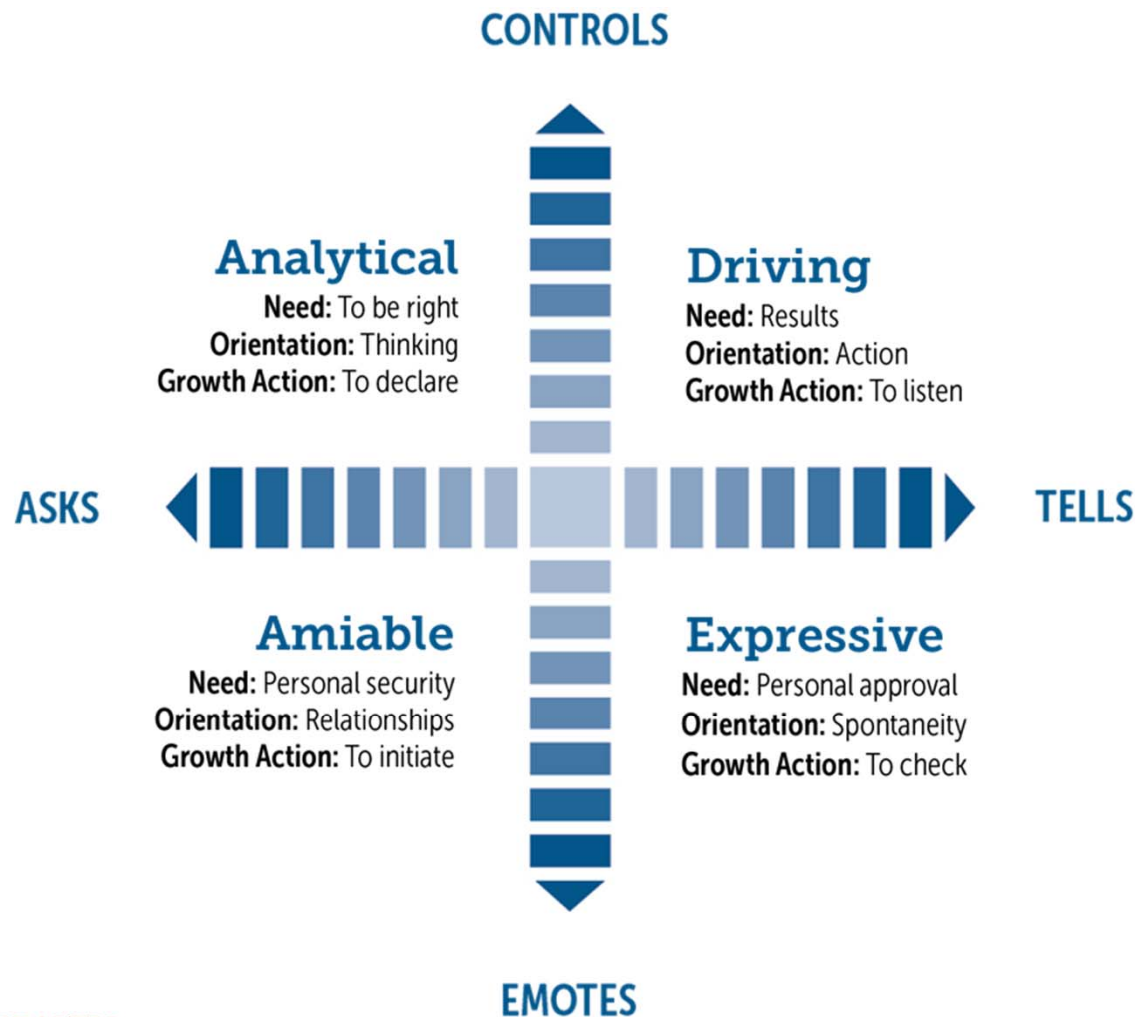
**Interprofessional  
Communication**



**Roles /  
Responsibilities**

**Teams and  
Teamwork**



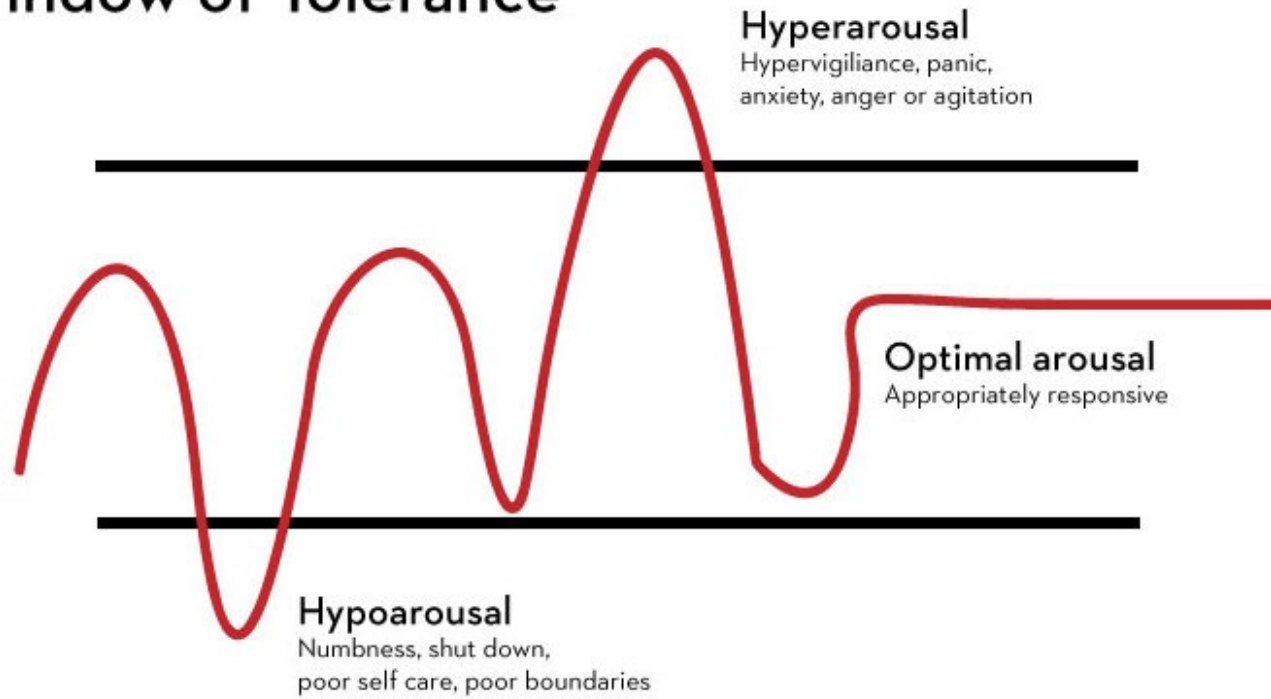


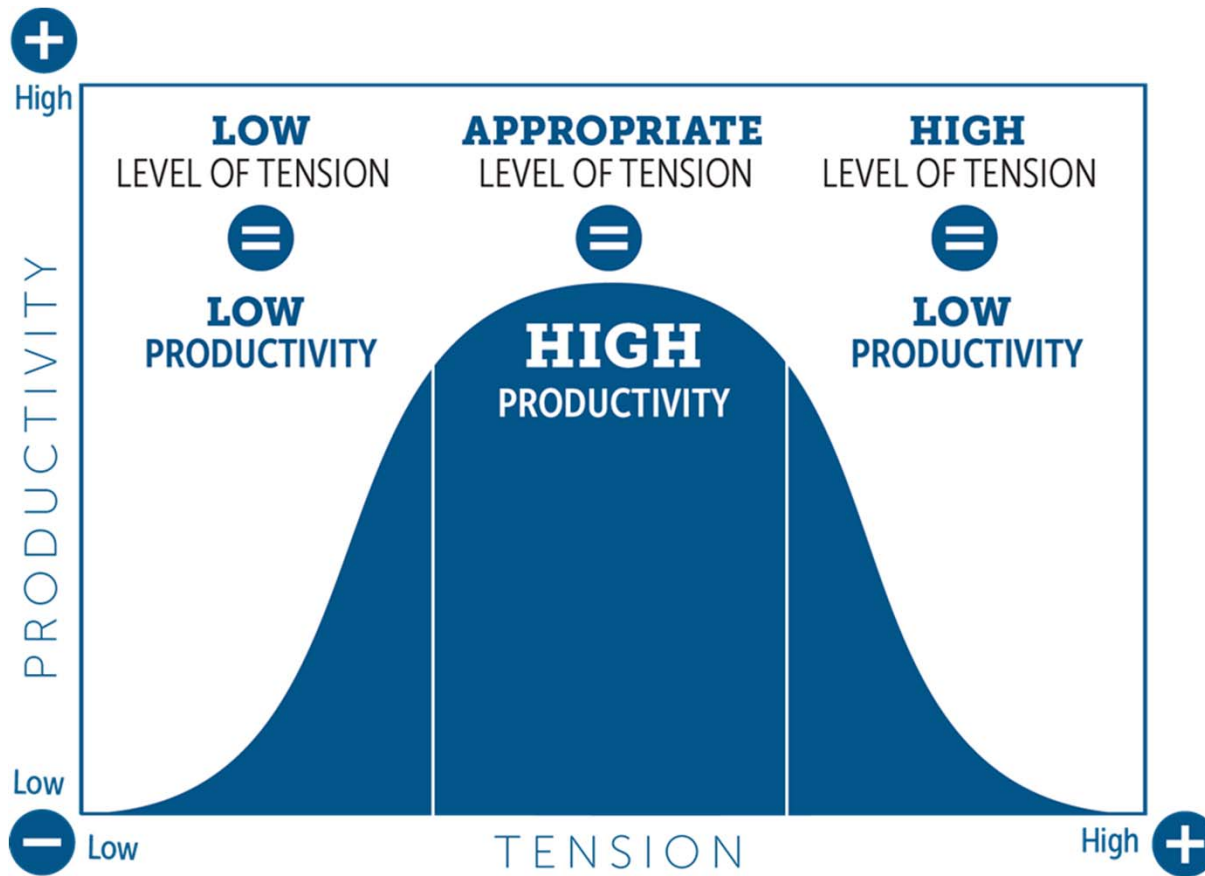


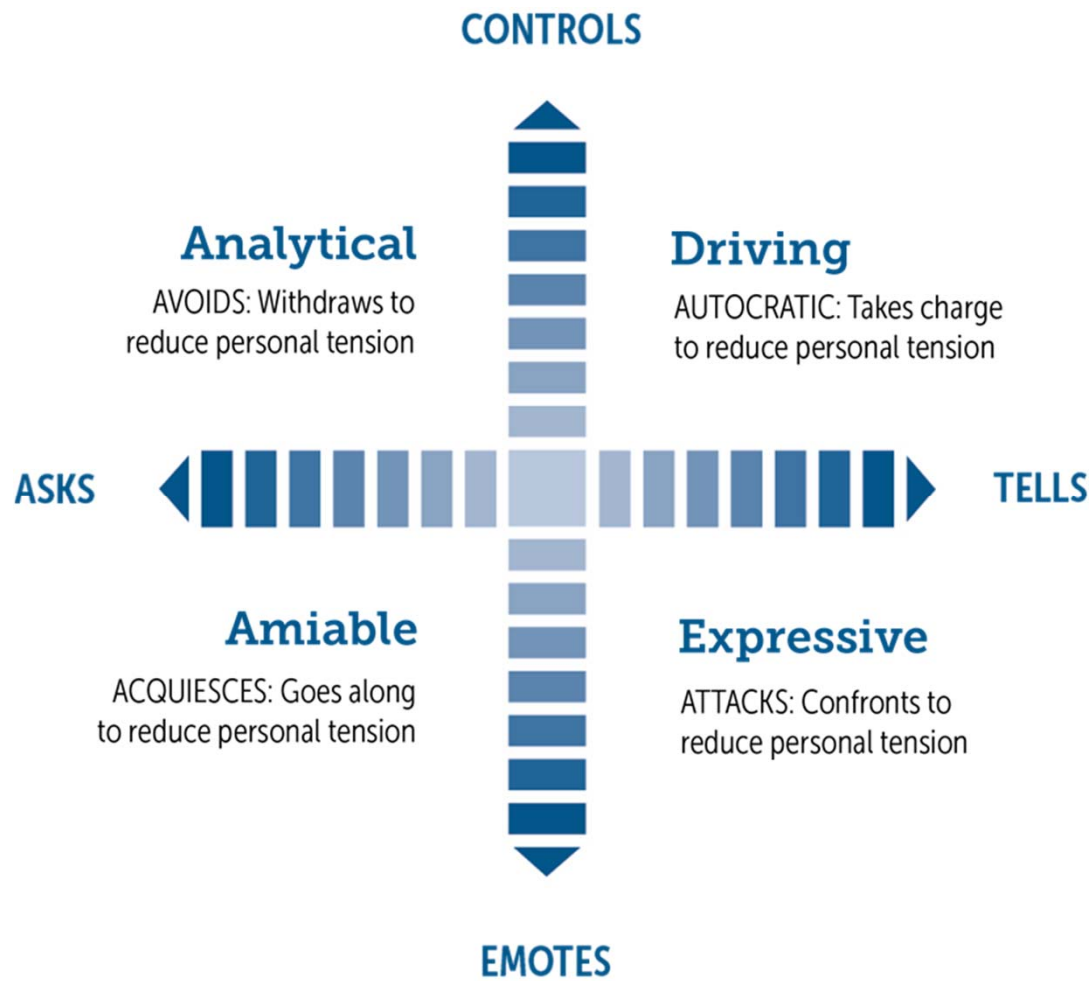




# Window of Tolerance



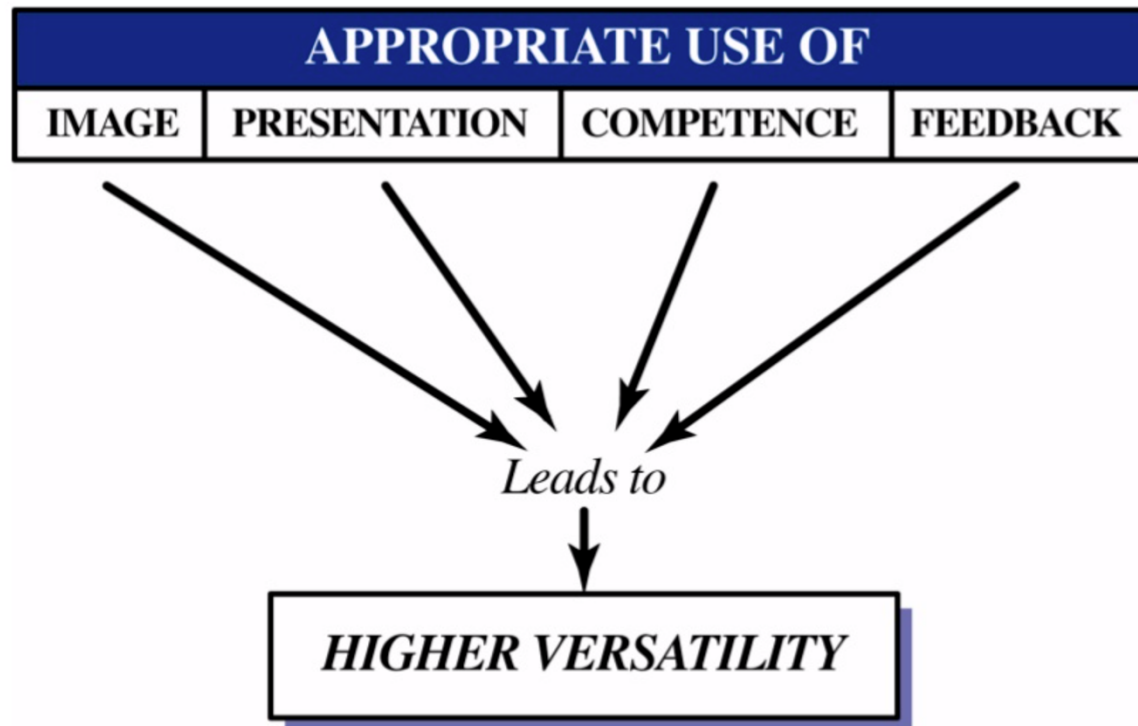






**SOCIALSTYLE™**

**Do Something  
for Others**

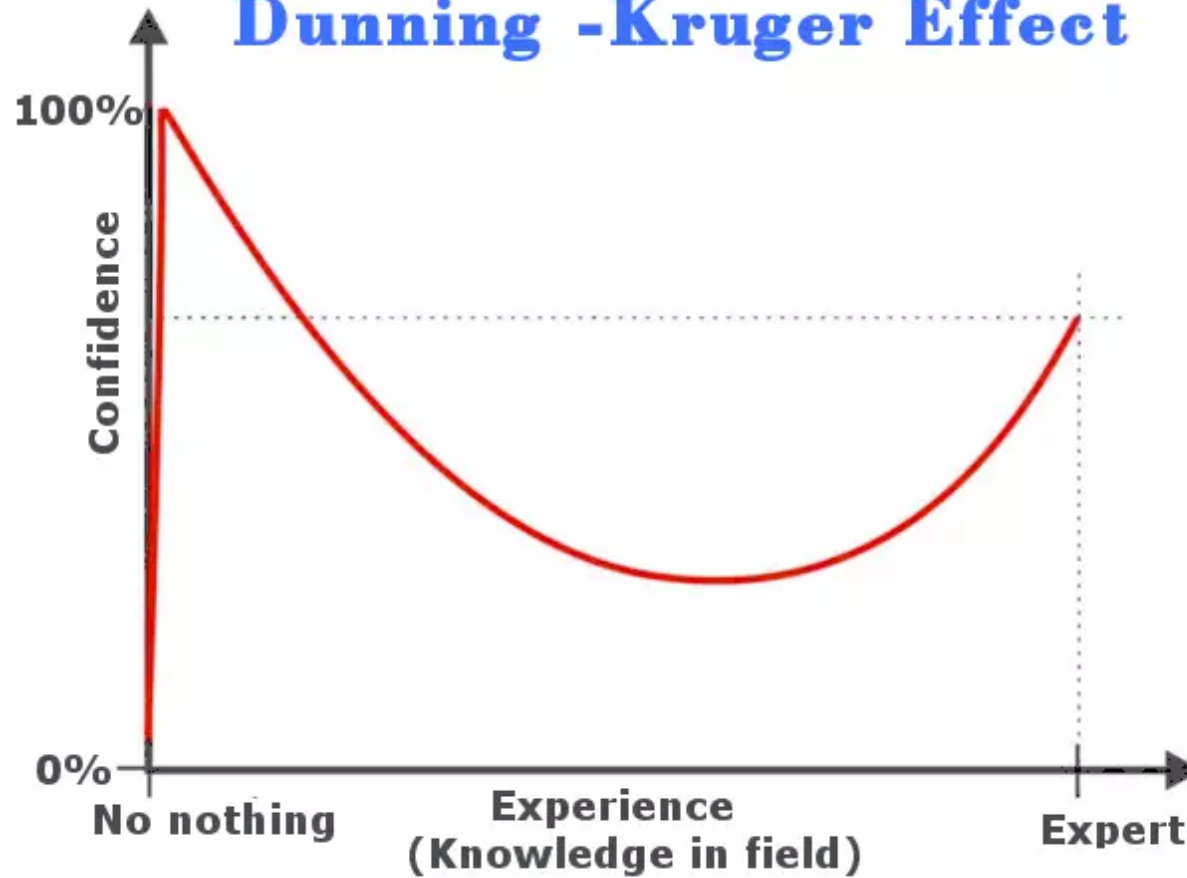






More Confidence, Less Competence

## Dunning - Kruger Effect

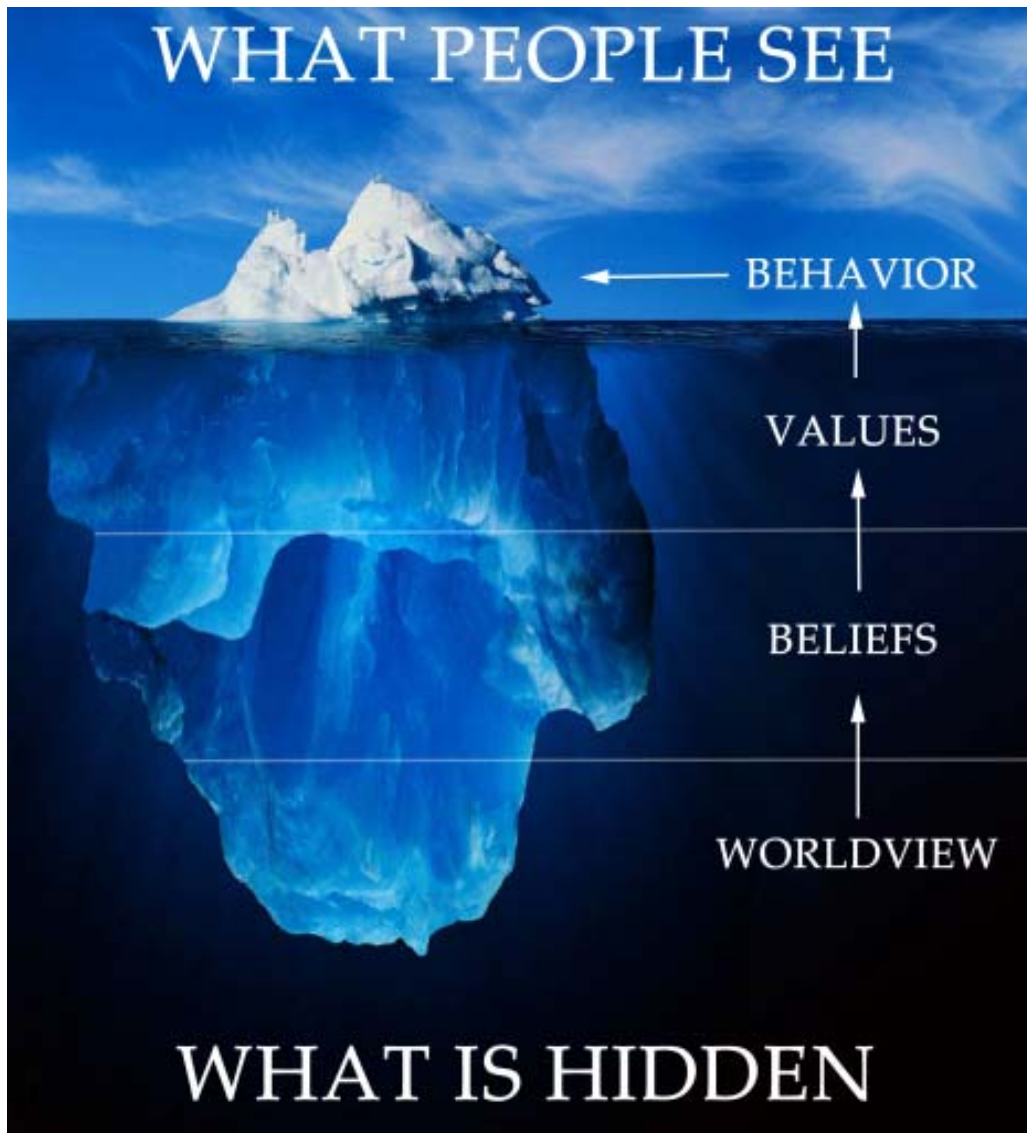








WHAT PEOPLE SEE



WHAT IS HIDDEN

**Map A. The Dartmouth Atlas hospital referral regions**

