

# THE RESILIENT COUG: BUILDING PROFESSIONAL RESILIENCE FOR PERSONAL WELLBEING

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**JANUARY 26, 2023**

10:00-10:45 a.m. PST

## DO YOU EVER:

- Feel emotionally drained from your work?
- Find yourself fatigued by the thought of another day on the job?
- Question if you are making a positive contribution in your work?

If these sentiments resonate with your experience, like many other Americans, you may be experiencing burnout. The encouraging news is burnout can be prevented or reversed through cultivating resilience. This activity will briefly introduce approaches, skills, and techniques to help you develop natural resilience. The concepts of connecting to meaning and purpose, and positive psychology will be presented. You will leave with actionable tools to help you grow and strengthen your professional resilience to enhance personal wellbeing.



**SKYE MCKENNON**  
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Clinical Associate  
Professor Elson S. Floyd  
College of Medicine

**Skye McKennon** is an educator, pharmacist, and author with a mission to empower others to live healthier, more intentional, and more resilient lives. Currently, she serves as the Thread Director for Pharmacology and Interprofessional Education at the Washington State University Elson S. Floyd College of Medicine. Skye is a national Wellness Ambassador and has delivered well-being, burnout prevention, and resilience workshops and continuing education sessions for healthcare professionals regionally and nationally. Her experience has led to publishing opportunities, and she has authored several book chapters, more than half a dozen textbooks, and multiple articles related to pharmacy, integrative health, and mind/body medicine.

## Join via Zoom

Meeting ID: 945 7534 1090

Passcode: 646687

For more information contact:  
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