



Graduate of School of Nursing

Presents:



Robert Browning, PhD (h.c.)
Director of HeartMath Healthcare
Boulder Creek, CA

Resiliency: Skills for Personal and Professional Effectiveness

As nurse educators and care givers, we are living through unparalleled times of change, transition, and stress. This requires a new kind of awareness and resilience. Explore evidenced based, self-regulation tools and resilience-building practices that help you to become more balanced, aware, fulfilled and high functioning.



ROBERT BROWNING, PhD (h.c.) is Co-Director for HeartMath Healthcare and a Senior Master Trainer. For over 20 years with HeartMath, he's trained more than 11,000 individuals in evidence based tools that transform stress into resilience. These tools help us more effectively care for ourselves and give us the inner balance to care for each other and those we serve. Robert engineered programs at Brigham & Women's, Stanford, Mayo Clinic and Kaiser Permanente and currently on faculty with Watson Caring Science Institute and adjunct faculty with the University of Colorado-Anschutz Medical Campus, College of Nursing. As Co-Vice President of Pathways to Peace, a non-profit official Peace Messenger to the United Nations, Robert serves as a UN Delegate serving the missions of the World Health Organization and United Nations High Commission on Refugees.

Tuesday, October 25, 2016
12:00 PM – 1:15 PM
Albert Sherman Auditorium



This lecture is open to all faculty, students and staff.