



Weill Cornell Medicine-Qatar

Institute for Population Health



Population Health and Well-being Series

Burnout in Healthcare Workers: A Lifestyle Medicine Perspective



Live Webinar

January 21, 2025

4:00-5:00 pm (Qatar Time)



Speaker

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Lifestyle Medicine Physician and Master Health Coach
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Learning objectives:

- 1 Discuss burnout and lifestyle factors that contribute to its development in healthcare workers.
- 2 Analyze the relationship between specific lifestyle choices and burnout symptoms in healthcare professionals.
- 3 Evaluate the effectiveness of various lifestyle medicine interventions in preventing and managing burnout.
- 4 Outline a personalised action plan to implement burnout prevention and management strategies in their own lives or workplace.

Target Audience: Physicians, Nurses, Dentists, Pharmacists, Allied Health Practitioners, Students, Researchers, Educators and Administrators

Free Registration: Contact Us: iph@qatar-med.cornell.edu



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