# 2024 Annual Pain Care Skills Training In-Person
**Workshop Title:** *"Thriving and Flourishing: A Multidimensional Approach to Wellbeing and Life Satisfaction"*
**Presented by: Tara Coles, MD and David Miller, PhD**
**Offered:  21 AUGUST AM 730 -1030 EDT**
**Location: NIH Natcher Center, Room D**

**Course Description:** Holistic well-being is dependent on physical and mental health. These are necessary but not sufficient to the broader concept of Human Flourishing, which promotes the science and practice of optimum lived experience and thriving throughout the lifespan. This workshop is NOT your typical anti-burnout/wellness lecture. This interactive and creative workshop aims to foster awareness and insight into how intentional practices, goals, and mindset can support thriving, happiness, and satisfaction across the 8 domains of Human Flourishing. We hope that knowledge and skills from this workshop will be utilized in your own lives as well as in the care of your patients, families, and communities.

## Learning Objectives:
1) Describe the concept of Human Flourishing as a wholeness of being and doing, of realizing one's potential and helping others do the same (The Kern Network for Flourishing In Medicine)
2) Delineate the 8 domains that contribute to Human Flourishing: Self-Awareness and Self-Compassion, Happiness and Life Satisfaction, Meaning and Purpose, Character and Virtue, Caring and Empathy, Physical and Mental Health, Relationships and Family, Spirituality and Transcendence
3) Discuss and participate in variety of reflective activities designed to foster awareness, connection, and insight around personal growth and self-care through the lens of Human Flourishing.
4) Develop a pathway and plan for addressing the domains of Human Flourishing for personal and professional fulfillment.

## Agenda 21 August 2024
730-800 Intro and overview - Human Flourishing
800-900 - First 4 domains - discussion and activities
900-915 ---BREAK---
915-1015- Next 4 domains - discussion and activities
1015-1030 - Conclusion and wrap-up