**CST/ EM2 Human Factors in Patient Safety**

**Resilience**

**Introduction and course objectives** 09:30

**Stress Analysis**  10:00

**Coffee** 11:00

**Schwartz Round**  11:20

**Lunch** 13:00

**Self-assessment of stress and burnout** 14:00

**Stress Strategies** 14:30

**Wrap up and close** 16:30