# KGH Staff Wellness Unleashed

### Physician Leads: Dr. Neil Long

### Goal

• Development of a Working Group to develop and coordinate wellness events for medical staff at KGH

#### **Outcomes**

 Events for KGH medical staff that will encompass Mindfulness, Compassion Training, Civility and Flow (peak performance) Training

## Budget approved: \$10,000

Kelowna General Hospital
Physicians Society

