How to Screw Up, Stress Out and Get Nothing Done: Key Insights on Solving Problems, Managing Frustration and Taking Action in Chaotic Times

By Steve Bedwell, M.D.

April 16, 2019
9 a.m. to Noon, Followed by Lunch
Zehnder’s Restaurant Main Dining Room
730 S. Main Street, Frankenmuth, Michigan 48734
How to Screw Up, Stress Out and Get Nothing Done: *Key Insights on Solving Problems, Managing Frustration and Taking Action In Chaotic Times*

**Program Overview:**
To succeed, we need to understand why we sometimes fail. Dr. Steve offers a hilarious, highly-interactive masterclass in missing the obvious, distressing yourself and procrastinating like a pro! Drawing inspiration from a ping-pong ball, a dead housefly and Shania Twain, he’ll make you laugh harder during a healthcare meeting than you ever thought possible. You’ll learn Habit Hacking: A three step system for avoiding burnout and responding to leadership (and personal) challenges more mindfully. Effective, science-smart tactics explained in such straightforward terms that you can put them to work immediately; powerful and time efficient. Expect a program that is riveting, provocative and explosively funny as Dr. Steve works through his evidence based solutions and exceeds every expectation.

**Objectives:**
- Find creative solutions and make insightful decisions in less time, with less sweat and far fewer dollars.
- The Brain Frame: A simple visual metaphor for understanding how we’re overly influenced by first impressions, twist the facts and miss the obvious. Inside Out Thinking: A simple science-smart process for reframing challenges, solving problems and making decisions.
- Recognize emotional triggers, unhook from frustrating situations and stay focused, optimistic and productive under pressure. The Emotion Equation: A new way to understand emotion and let go of unpleasant feelings. The UNA Strategy: A strategic approach for integrating new tactics into the work day.
- Avoid burnout, match energy to task and take unflinching, game-changing action. The Mindful Juggler: A metaphor for working with our brain’s hardwired limitations. Handle overload, distraction and exhaustion in a new, more informed way. The Four Questions: An approach to shifting into a more mindful state in real time.

**Target Audience**
This program is an education forum for hospital board members, health care executives, physicians, other health care providers/professionals.

**Presenter**
Steve Bedwell, M.D. is a medical doctor with research training, an obsessive streak and a knack for applying complex scientific data to everyday problems. In addition to teaching the complexities of medicine at the prestigious Royal London Hospital, Steve also traveled the world, conducting research in the U.S., Europe and Australia. He even found himself deep in the African jungle removing an appendix under the illumination of a car headlight. After years of sifting through peer reviewed, research, Steve laid out a startlingly simple, science-smart blueprint for professional development. He calls his approach “Habit Hacking:” Quick and easy tactics for razor sharp thinking, emotional intelligence and unflinching, goal-directed action. Steve’s entire presentation is a PowerPoint free zone. Instead, he illustrates his ideas with funny, crowd-involving, "grab 'em by the eyeballs" demonstrations. His presentation is packed with startlingly simple, step-by-step tactics that attendees can take back to the office, implement immediately and cascade throughout their organizations.

**Disclosure**
The planners and speaker disclose they have no relevant financial relationship with commercial interests.