



# Workforce Workgroup

## July 27, 2022

# Welcome



# Housekeeping



- All questions and comments are welcome
- Please mute your microphone when you aren't speaking
- Please leave your camera on if possible
- Time will be reserved at the end for an evaluation
- Today's materials will be emailed to you

# Agenda



- Community Health Center Dashboard Project
- Resiliency Reset
- New Member Introductions
- Health Professions Education & Training Plan Updates
- Goals & Action Items for August Meeting
- Evaluation & Adjourn

# Community Health Center Dashboard Project



# Resiliency Reset



# Resiliency Defined



Resiliency is the ability to withstand, adapt to, and recover from stress and adversity by using effective coping strategies to maintain, or return to, a state of mental health and personal wellbeing.

# Benefits of Resiliency



## Individual

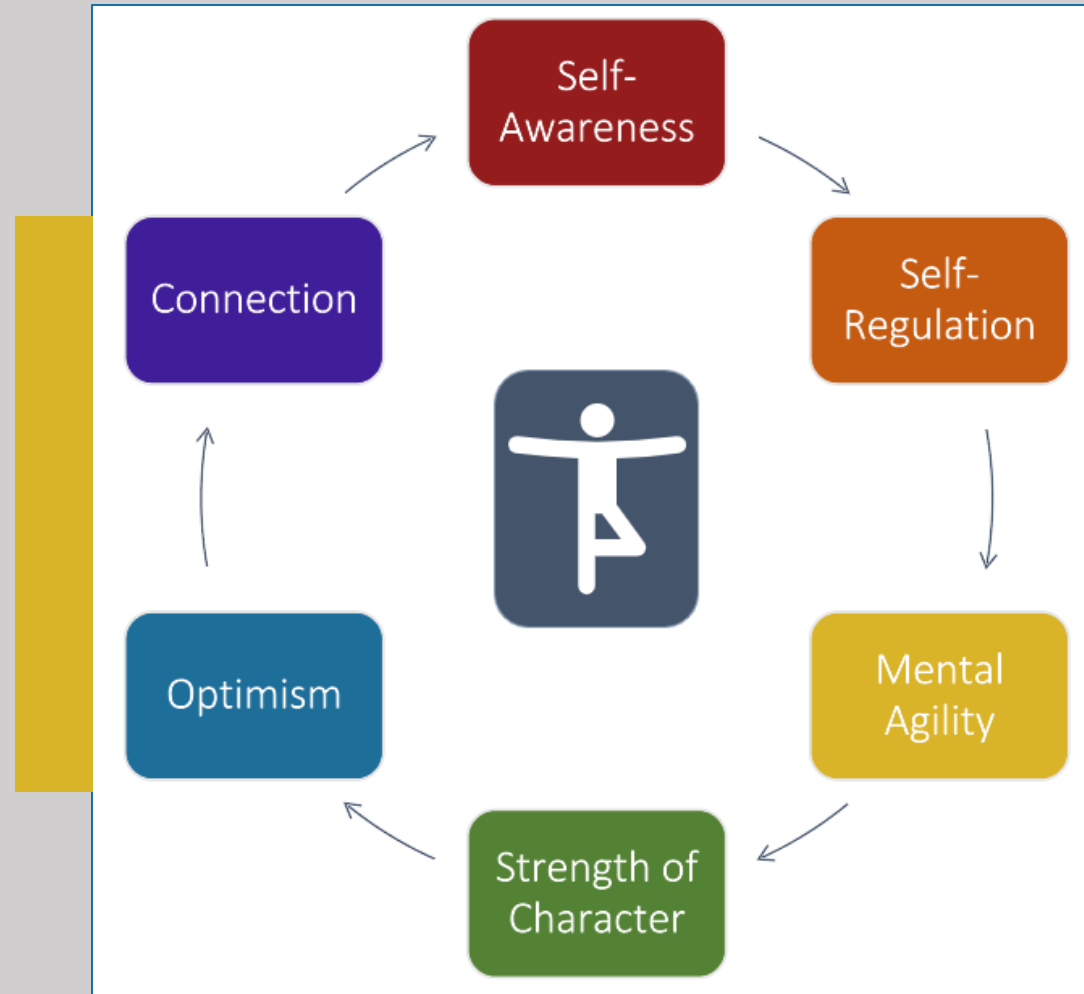
- Supports physical, mental & emotional health
- Offers a greater sense of control when facing challenges
- Provides a higher level of satisfaction with life

## Organizational

- Lowers burnout & supports retention
- Improves communication & collaboration
- Fosters creativity & innovation
- Builds connection & trust



# The Six Dimensions of Resilience



# Focus on Self-Awareness



Self-awareness is the ability to be conscious of your thoughts, emotions, physical responses and behaviors

# Multi-Tasking Exercise

# Definitions



## Single – Tasking

- Focusing on one task at a time and minimizing potential interruptions

## Multi – Tasking

- Performing multiple tasks at the same time

# Activity



- Draw four lines on a piece of paper
- Number them 1-4
- Allow space to write on each line

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

# Round One

This Will Be Timed  
Please Do Not Start Until The Signal Is Given



- Write Multi-Tasking is a Myth on line 1
- Write the numbers 1-20 on line 2
- Make note of how long it took you to complete the activity

1. Multi-Tasking is a Myth
2. 1 2 3 4 5 6 7 8 9 10 11 12 13 14  
15 16 17 18 19 20  
( ? sec.)
3. \_\_\_\_\_
4. \_\_\_\_\_

# Round Two

This Will Be Timed  
Please Do Not Start Until The Signal Is Given



- Write the same words and numbers on lines 3 and 4
- This time alternate between writing a letter on line three and a number on line four
- Make note of how long it took you to complete the activity

1. Multi-Tasking is a Myth

2. 1 2 3 4 5 6 7 8 9 10 11 12 13  
14 15 16 17 18 19 20

3. M U

4. 1 2  
(? Sec.)

# Round Two Feedback



How was that activity?

- Was it more difficult?
- Did you make any errors?
- Did it take longer to complete?



# Key Points

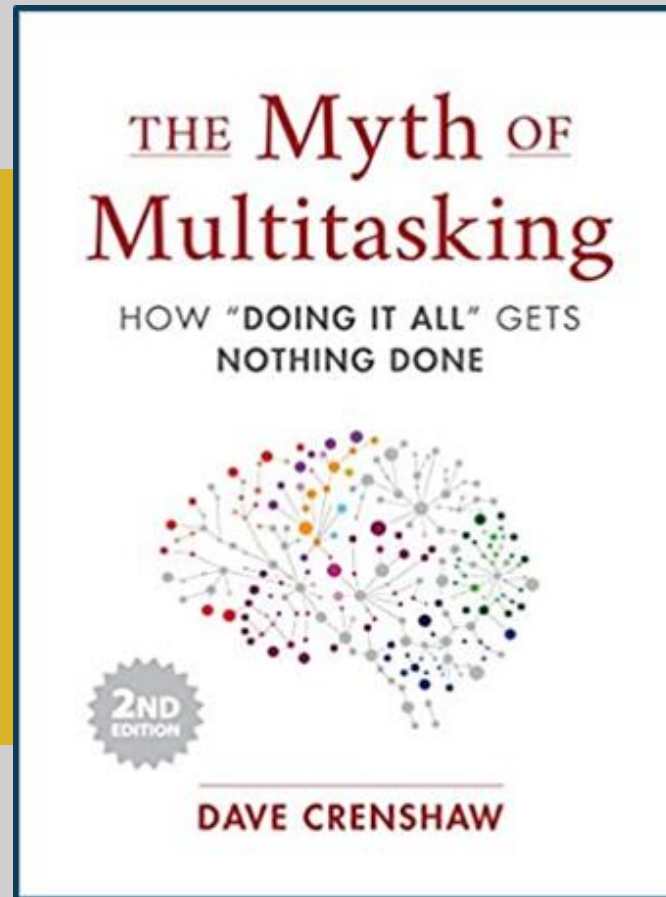


## Switch – Tasking

- Shifting attention back and forth between two or more tasks

- Multi-Tasking is actually Switch-Tasking
- Our brains cannot fully focus on more than one thing at a time
- This takes more time and is less accurate than Single - Tasking
- Mental strain is created, and productivity is lost

# Learn More



# New Member Introductions



# HP-ET Updates



- New HP-ET Planning Tool
- New Workforce Resources Webpage

# Workforce Resources Webpage



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## Comprehensive Workforce Planning Resources

- [Comprehensive Workforce Planning Template](#)
- [Definition of a Comprehensive Workforce Plan](#)
- [Comprehensive Workforce Plan Toolkit](#)

## HPET (Health Professions Education and Training) Planning Resources

- [Star2 Center Workbook – Strategic Workforce Planning](#)
- [HPET Planning Template – 2022](#)
- [Quick Guide – General Components of an HPET Plan](#)

# August Goals & Action Items



- Schedule a follow up with NCCHCA for resources & support
- [HP-ET NCCHCA Survey - 2022 Cycle](#)
  - Please complete by July 29th
- HRSA Directive: Health Professions Education and Training Drafts
  - Please complete by August 31<sup>st</sup>

# TTS Evaluation Link



- Takes 3 – 5 minutes to complete
- [https://ncchca.iad1.qualtrics.com/jfe/form/SV\\_bDCue7t3ixAr6nQ](https://ncchca.iad1.qualtrics.com/jfe/form/SV_bDCue7t3ixAr6nQ)

# Workforce Development Contacts



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Thank you for  
attending and  
participating!

