



Presence Workshops: Enhancing Healthcare through the DREAM Guideline

Are you ready to transform your healthcare practice by being fully present in each moment? Our **Presence Workshops** are designed to help healthcare professionals embody the **DREAM** principles: **Dedication, Respect through Relationship, Art of Healthcare, Environment, and Motivation**. By integrating these core principles into your practice, you can elevate the care you provide and foster a positive, mindful healthcare environment.

Aim:

To help healthcare professionals develop a sense of presence, in line with the DREAM guideline, to improve the quality of patient care, build meaningful relationships, and create a nurturing work environment.

Objectives:

- **Dedication:** Strengthen commitment to delivering compassionate and focused patient care and colleagues.
- **Respect through Relationship:** Develop deeper, more respectful connections with patients and colleagues by being fully present in interactions.
- **Art of Healthcare:** Discover how presence can transform healthcare into a healing art, going beyond the technical aspects.
- **Environment:** Cultivate a presence that positively impacts your surroundings, fostering a peaceful and supportive space for healing.
- **Motivation:** Encourage sustained motivation by learning how to stay engaged and present, even in high-stress situations.

Workshop Structure:

Each Presence Workshop consists of two dynamic and interactive sessions:

Session 1: Creating awareness of Presence

- **Interactive Activities:** Engage in hands-on exercises to create awareness of presence in both personal and professional settings.
- **World Café:** Participate in a collaborative, small-group discussion to explore the role of presence in healthcare and how it can transform patient care and collegial relationships.

Session 2: Strategies for Sustaining Presence

- **Follow-up Session:** Building on the first session, this session provides practical strategies and tools for staying present in the midst of daily healthcare challenges.
- **Implementation Tools:** Learn techniques to embed presence into your routine, enhancing both personal well-being, patient care and collegial relationships.

Please contact us at: www.caringpresence.online

Don't miss this opportunity to deepen your impact in healthcare by learning the art of presence. Join us to transform the way you connect, care, and contribute to the world of healthcare!