

Calendar for speaker order and topics- all of these interviews will air at 1 pm EST on the respective day below.

Previous interviews can be watched until April 28th. There will be an archive link to watch previous interviews in the daily email intro.

Here is the link to sign up: www.stressreliefseries.com

We will see you there.

1. **March 8th- Dr. Elia Gourgouris “How to Navigate a Crisis” by being kind, helping others, and taking care of ourselves with Dr. Elia Gourgouris.”**
2. **March 9th- Traci Fisher “Wellness & Wellbeing for Healthy Leaders and Healthcare Heroes with Traci Fisher.”**
3. **March 10th- Joe Tye, “Helping Healthcare Providers find Everyday Courage to Cope with Extraordinary Challenging Times with Joe Tye.”**
4. **March 11th- Dr. Toscha Dickerson, “Transferring Stress into a Lifestyle of Success is the motto of Dr. Toscha Dickerson.”**
5. **March 15th- Michelle Steffes, “Greatness through Daily Routine and Mindset with Michelle Steffes.”**
6. **March 16th- Eileen McDargh- “ Burnout to Breakthrough with Eileen McDargh.”**
7. **March 17th- Professor Pete Alexander- “Lighten Your Day with Professor Pete Alexander.”**

- 8. March 18th- Randy McNeely- “How Being a Kindness Giver can Provide Stress Relief with Randy McNeely.”**
- 9. March 22nd- Maureen Metcalf- “Innovating Healthcare Leadership with Maureen Metcalf.”**
- 10. March 23rd- Dr. Heather Carrera- “Nutritious Foods for Mental, Emotional, and Physical Well-being with Dr. Carrera.”**
- 11. Sabrina Cadini- March 24th- “Brain Wellness and Sleep tips for Busy Healthcare Heroes with Sabrina Cadini”**
- 12. Kinita Schripsema- March 25th- “The importance of Cultural Education, Leadership, and Developing an Inclusion Lens with Kinita Schripsema.”**
- 13. Deb Timmerman- March 29th- “How a Healthcare Provider can Recharge their Energy with Deb Timmerman.”**
- 14. Jay Abbasi- March 30th- “How Mindfulness Impacts Job Performance and Stress Levels with Jay Abbasi. “**
- 15. Melody Campbell- March 31st- “Mini Mindfulness Practices to Calm the Mind with Melody Campbell.”**
- 16. Emily Killeen- April 1st- “Yoga can be a healing practice for your body and mind”**

17. Leslie Fiorenzo- April 5th- “How to Master Difficult Conversations with Patients or Co-workers with Leslie Fiorenzo”

18. Jenn Gebhart- April 6th- “How Simple Mindfulness and Yoga exercises can Calm our Stress Levels with Jenn Gebhart”

19. Dr. James Miles- April 7th- “Renewing our bodies, mind, and emotions can lead to better reactions to stress stimuli with Dr. James Miles.”

20. Virginia Macali- April 8th- “How Acceptance, Breath Awareness, and Connection can Reduce Stress with Virginia Macali.”

21. Joe VanHaecke- April 12th- “How Improv Activities in a Medical Setting can combat the effects of Stress on Healthcare providers with Joe VanHaecke.”

22. Janice Gates- April 13th- “Simple Mindfulness Tips for Calmer Days with Janice Gates.”

23. LeAnn Thieman- April 14th- “Importance of Self-Care for Healthcare Providers with LeAnn Thieman.”

24. Ross Clark and his daughter, Heidi Clark- April 15th- “ Meet the Mindful coaches, Ross Clark and his daughter, Heidi Clark.”

25. Sarah Nicotra- April 19th- “Importance of Accessing Heart Intelligence for Mental Well-being with Sarah Nicotra.”

26. Elle Ingalls- April 20th- “The Pressure Free Stress Relief Method with Elle Ingalls.”