

Getting Unstuck, Dealing with Burnout and Rediscovering a Happier You!

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The COVID pandemic created a sustained period of uncertainty from which many of us have yet to emotionally recover. As well, many of our institutions made budgetary cuts that require us to do more with less causing our work environments to be pressure filled and unfulfilling. It is easy to get stuck in the rut of daily responsibilities and find very few moments of happiness. This interactive session will engage participants in discussion on how to break out of daily routines and will inspire you to reconnect to your inner purpose.



Dr. Grace E. Henry, EdD has over twenty years of higher education experience in the areas of student activities, fraternity and sorority life, and diversity and multicultural affairs. She currently serves as the Asst. Dean for Diversity and Inclusion at The George Washington University School of Medicine and Health Sciences in Washington, DC. Dr. Henry also serves as the principal diversity consultant at GEH Enterprises, LLC. Her work centers on capacity building on issues of diversity, equity and anti-racism. Dr. Henry has worked with national health

organizations, national sororities, and criminal justice organizations to implement strategies which promote an inclusive institutional culture. Dr. Henry has also worked with faith organizations to help people identify and pursue their passions, purpose and dreams. Dr. Henry obtained a bachelor's degree and a master's degree in counseling psychology from Howard University. She completed a doctorate of education in Higher Education Administration from The George Washington University. Dr. Henry was born and raised in St. Thomas, VI and is the author of "Listening to *MY* mom will change *YOUR* life."