

Be Well for Business

WITH DR. SHELLY FARNAN

Presented by Burrell Behavioral Health


It's important to remind ourselves that we are living and leading in surreal times; we are leading during a pandemic; we are leading during what will be known as a historical period, in which we are bravely and unapologetically standing for and demanding liberty and justice for all; and leading during a political season considered to be one of the most, if not the most, divisive and polarized in history. We know all too well that the world we live in, and the impact it has on humanity, directly affects our businesses and our communities.

We cannot single-handedly control the events of the world in which we live. What we *do* always have within our reach, though, is the manner in which we build and foster relationships, how we lead and support our teams and how we support each other. Our investment in relationships and how we lead directly affects our resilience and our ability to respond and cope with the world and societal events.

PRIVATE EXPERIENCE FOR YOUR TEAM

If you are ready to bring this conversation to your workplace and your teams, Burrell is offering Be Well experiences tailored specifically for your organization. In these sessions, led by Dr. Shelly Farnan, employees will learn about mental health wellness, coping skills and how to Be Well through the ups and downs of life. Contact Director of Marketing Jana Greig at jana.greig@burrellcenter.com to learn more.

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A portrait of Dr. Shelly Farnan, a woman with dark hair and glasses, wearing a grey blazer over a black shirt, smiling. The background is a blurred outdoor setting with greenery.

Dr. Shelly Farnan, a Licensed Clinical Psychologist, is the System Director, Diversity and Inclusion at Burrell Behavioral Health in Springfield, Missouri. She earned her Doctorate of Psychology in 2009. Dr. Farnan has extensive experience working with a variety of populations and evidence-based treatments in Community Mental Health Centers, private practice, and with the Department of Mental Health in an inpatient forensic psychiatric hospital. She has a passion for developing relationships, raising awareness and facilitating change. She has a genuine style of respect, warmth, acceptance and humor. As a result of the COVID-19 pandemic, Dr. Farnan, with a fabulous team, brought a dream to life through the Be Well Community, putting science into action so that we can all experience the life-changing benefits and build resilience.