

Workshop 3

Kimberley R. Palma

Eastern Connecticut Health Network (ECHN)

Turning Challenges into Opportunities- How to Move Forward

Professional and personal growth requires a lot of strength. For many, finding the strength to push through life's challenges can be overwhelming and frustrating. Join Kimberley Palma, Associate Director of Operations for Eastern Connecticut Health Network, as she shares how she navigated through steep personal and professional struggles, and what you can do when facing obstacles on your own road to success. Attendees will learn how to turn challenges into opportunities, how to overcome professional fears and build confidence, and the importance of networking and building positive, professional relationships.



Kimberley Palma is the Associate Director of Operations at Eastern Connecticut Health Network (ECHN), where she has worked for over 20 years. At ECHN, Kim is responsible for the Women's Center for Wellness, Rehabilitation Services, Early Detection Program and Diabetes Self-Management Education service lines. With over 30 years of experience in the health care industry, Kim specializes in business operations, team building, and patient experience optimization. Kim brings a unique perspective to her presentations with positivity and humor to help participants build confidence, take advantage of life's opportunities and never let challenges hold them down. Kim holds a bachelor's degree in healthcare administration and is currently pursuing her master's degree.