Promoting Resilience: Mindful Practice

Provided by ANPD/Sigma

Target Audience: All nurses from all specialties

Description: We are living and working in unprecedented times. All the world’s attention has turned towards our work as nurses. We are all facing stress, be it at work, home, or both. Please join us for the Promoting Resilience series to explore strategies to reduce stress and anxiety through mindfulness practice and self-reflection to promote connection, sharing of experiences, and building our resilience.

Promoting Resilience: Mindful Practice looks at how challenging times impact the individual, shares some of the science behind stress, and provides strategies nurses can use in practice and beyond.

Outcome: 65% of participants will report that this session provides information that enhances, validates, or causes a change in practice.

Speakers:

1. Dennis Doherty, MSN, RN, NPD-BC--Dennis Doherty is a board-certified nursing professional development specialist at Boston Children’s Hospital, BCH. He facilitates and oversees nursing orientation and onboarding, coordinates the evidence-based practice mentorship program, facilitates interprofessional leadership development, and manages the organization’s healthy work environment initiative. In an effort to support his colleagues on the frontline at BCH, Dennis led the planning, development, and implementation of the three-part Promoting Resilience Webinar series. This series has been adapted to share with the ANPD and Sigma audience.

2. Michelle Schuster, MSN, RN, CPHON--Michelle Schuster works as a staff nurse on the inpatient hematology-oncology unit at Boston Children’s Hospital and as adjunct faculty at several Boston-area colleges. She has specific interests in self-care, resiliency and PTSD in nurses. Michelle is a co-developer of HART, the Hematology, Oncology, Bone Marrow Transplant Advancing Resiliency Team; a program that provides real-time support to oncology nursing staff, and she is also a co-developer of the Promoting Resilience Series offered at Boston Children’s.