Model the Way: Develop communication strategies that model leadership behaviors
• Delegate rather than serve as “chief problem solver”

Challenge the Process: Develop behaviors to position myself in a manner that represents project, organization, and/or cause
• Gain awareness of opportunities to experiment and take risks

Enable Others to Act: Improve relationship-building skills for collaboration and effective conflict management and resolution
• “Altruistically letting things slide” is NOT effective conflict resolution!

Background: Nurses are leaders and role models of health & wellness within campus, community, and professional organizations. To maintain credibility of our health messages, we must embody our own healthy lifestyle behaviors, including physical activity, stress management, sleep quality, and civil working/learning environments.

Purpose: The purpose of the CCN Wellness Project is to promote opportunities for healthy living, learning, and working environments for nursing faculty, staff, and students.

Implications for Nursing Education: The CCN Wellness Project will positively contribute to the health and wellbeing of nursing faculty, staff, and students.

Impact: In 2016-2017, the CCN Wellness Project Team:
• Sponsored 12 activities that promoted physical activity, stress reduction, community building, and/or wellness education for nursing faculty, staff, and students
• Creatively used social media to disseminate wellness education and local opportunities for participation in wellness activities.

Organization:
• Chair, Organizational Performance and Strategic Planning Committee (College-wide)
• Student coordinator and planning team member of the annual campus-wide flu vaccination campaign
• Planning team member of the College of Nursing’s annual Field Day event.

Community:
• Program Liaison to Tuscaloosa Track Club, Tuscaloosa Cycling Club, Druid City Cycling Club

Profession:
• Chair, Alabama League for Nursing Awards Committee
• Treasurer, Tuscaloosa Chapters of the American Association of Critical-Care Nurses (AANC) and Case Management Society of America (CMSA)
• Peer Reviewer for 2 professional academic journals