

Building Resiliency in Healthcare

UNM Continuing Education Building, Albuquerque, NM

Friday, September 30, 2022

	TITLE	SPEAKERS
7:00	8:00 REGISTRATION, BREAKFAST	
8:00	9:00 Introduction of New Board , NMONL Annual Meeting,	Brandy Solis, Nancy Laster
9:00	9:45 Introduction to Resiliency	Dr. Jeffs
9:45	10:40 Self-Awareness, Role of the Body in Resiliency	Dr. Jeffs
10:40	10:45 Taking Better Breaks	Dr. Jeffs
10:45	11:00 BREAK-Network with sponsors	
11:00	12:00 Self-Regulation and Two Types of Resiliency	Dr. Jeffs
12:00	13:00 LUNCH (provided) -Network with sponsors	
13:00	13:20 How Self-Awareness and Self-Regulation Support Mental Agility and Connection	Dr. Jeffs
13:20	14:30 Group Exercise - Self-Awareness, Self-Regulation w/Teams	Dr. Jeffs
14:30	14:45 BREAK-Network with sponsors	
14:45	15:35 Group Exercise - Integration of Principles into at-work Experiences	Dr. Jeffs
15:35	15:55 How Self-Awareness and Self-Regulation Support Optimism	Dr. Jeffs
15:55	16:05 Summary and Next Steps	Dr. Jeffs
16:05	16:15 Evaluation	All

Immediate Learning Outcome: The nurse participant can list three top strategies s/he intends to use in practice to build resilience capacity from negative experiences through flexible adaptation to changing demands of stressful experiences.

There were NO relevant financial relationships identified by any individuals in a position to control content

APPROVAL STATEMENT

This nursing continuing professional development activity was approved for 5.75 contact hours by the New Mexico Nurses Association, an accredited approver by the American Nurses Credential Center's Commission on Accreditation.

CRITERIA TO BE MET BY LEARNERS TO BE AWARDED CONTACT HOURS

Attendance at the entire activity (miss no more than 10 min. of activity)

Completion/submission of evaluation form via Survey Monkey

<https://www.surveymonkey.com/r/NMONL-093022>

COMMERCIAL SUPPORT HAS BEEN PROVIDED BY:

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You may use this URL weblink via smartphone to access the evaluation ->



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