



# Marie Manthey's Day of Dialogue: Providing Nurse Managers with Resiliency to Effectively Manage Role Stress

Friday, October 14, 2016

Hampton Inn Medical Park | 2320 S. 17th Street | Wilmington, NC



**Marie Manthey**  
FAAN, MNA, FRCN, PhD (hon.)

Dr. Marie Manthey earned her BSN and MS in Nursing Administration from the University of Minnesota (UM), where she remains adjunct faculty. She's taught thousands of nurses in seminars and workshops throughout the world. But all the while, Marie has remained grounded through her fundamental focus on patient care. In 2015, Marie was presented with the American Academy of Nursing Living Legend Award.

Primary Nursing, which started in one unit at UM is now recognized and sought after world-wide. Marie's ability to describe key nursing practices in universal terms has helped countless organizations implement her practices through transformational change and inspirational leadership. Through it all she's always maintained her contact with caregivers. Marie can speak about nursing in a way that staff nurses can identify with—they get her, and she gets them.

### Course Description:

Nurse Managers are the life-blood of any health care organizations, and they are burning out. Investing in their development and well-being is one of the smartest things any health organization can do. *Marie Manthey's Day of Dialogue* gives relief to Nurse Managers who are battling burn-out.

### Objectives:

- \* Identify the source(s) of stress and talk through the results
- \* List ways to stay present, attuned, empathetic and truly helpful to those around you without making their troubles your own.
- \* Outline a framework to deal with stress.

### Target Audience:

Nurse Leaders, APN's, Educators and Registered Nurses who want to learn more about Nurse Leadership, Primary Care Nursing and Relationship-based Nursing.

### Location:

Hampton Inn Medical Park  
2320 S. 17th Street  
Wilmington, NC 28403

### Cost:

\$75.00

### Marie Will Discuss:

- \* Know Yourself
- \* Create a Stress Journal
- \* Accept Responsibility for Your Role
- \* Develop Ways to Handle Stress
- \* Time Stressors in Health Care
- \* Morale Management
- \* Relational Principles of Leadership

### Credit:

5.5 Nursing Contact Hours (CNE)  
5.5 Contact Hours

NHRMC Employees  
Register on NetLearning or  
Fax 667-9343

[CLICK HERE FOR  
ONLINE REGISTRATION](#)



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## AGENDA

8:00 – 8:25 AM	Registration
8:25 – 8:30 AM	Welcome and Introduction
8:30 – 9:00 AM	Know Yourself RAA / a guide for self-care Know your habits/attitudes and excuses Accept responsibility for yourself
9:00 – 10:00 AM	Create a Stress Journal Develop awareness Identify Sources Avoid denial, distortion, dishonesty and distraction
<b>10: 00- 10:15 AM</b>	<b><i>Break</i></b>
10:15 – 11:00 AM	Accept Responsibility for your Role Don't justify as temporary Don't make it natural Done blame others
11:00 – 11:45 AM	Develop Ways to Handle Stress Avoid unnecessary stress Alter the situation Adapt to the stressor Accept what you can't change Take time to relax Adapt a healthy lifestyle
<b>1145 AM – 1230 PM</b>	<b><i>Lunch</i></b>
12:30 – 1:15 PM	Time Stressors in Health Care Urgent vs. Important
1:15 – 2:00 PM	Morale Management 4 crucial requirements
2:00 – 2:45 PM	Relational Principles of Leadership Intention Presence Mindfulness Reflection Gentle action
2:45 – 3:00 PM	Wrap-up

**Registration fee: \$75 includes credit, cost of instruction and continental breakfast.**

**Payment methods:** Full payment must accompany your registration. Payment may be in the form of: cash, check (payable to SEAHEC), Visa or MasterCard.

In Person or by Mail: **2511 Delaney Ave.  
Wilmington, NC 28403**

By Fax (*credit card only*): **866-734-4405**

Online (*credit card only*): [www.seahec.net](http://www.seahec.net)

**Refunds/Cancellations:** Notification must be received at least two business days prior to the start date, you may choose one of the following:

- ▶ Receive a refund, minus a 30% processing fee;
- ▶ Provide us with the name of a substitute who will attend the program in your place;
- ▶ Transfer registration to a different SEAHEC program.

*If notification is received less than 2 days prior to start date, SEAHEC is unable to process any refund option.*



If you have any question concerning accessibility or special needs assistance please call 910-667-9330.

**Credit:**

5.5 Contact Hours

5.5 CNE Contact Hours

***No Partial Credit will be given. Participants must attend the entire program in order to receive credit.***

SEAHEC is an approved provider of Continuing Nursing Education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

**Disclosure Statement:**

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**NHRMC Employees Register on NetLearning**

**SEAHEC REGISTRATION FORM**

Course Name: Marie Manthey Day of Dialogue Course Date: October 14, 2016 Course #: N49769

**Registration Fee: \$75**

Name: \_\_\_\_\_ Last Four Digits of SS#: \_\_\_\_\_

Degree/Cert: \_\_\_\_\_ Title/Occupation: \_\_\_\_\_

Preferred e-Mail Address: \_\_\_\_\_

***In order to receive all course notifications and materials, please provide a preferred e-mail address. Thank you!***

Home Address: \_\_\_\_\_

Home City/State/Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Workplace/Dept.: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Work Address: \_\_\_\_\_ Work City/State/Zip: \_\_\_\_\_

Payment method (if applicable): Cash Check VISA MasterCard

Credit Card Account #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

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