



BUILDING RESILIENCY IN YOUR NURSING PRACTICE

November 9, 2018

8:30 AM—1:30 PM
Registration 8:00-8:25 AM

Location:
SEAHEC
2511 Delaney Avenue
Wilmington, NC 28403

Cost: \$85

Credit: 3.75 CNE Hours
3.75 Contact Hours

Description:

As a nurse, we care daily for patients and their families in a complex, ever-changing healthcare environment. How can we as the care provider in this setting share the best of our profession while maintaining our own health and well-being? Enhancing one’s resilience – that ability to adapt to life’s challenges and bounce back stronger – is an important component in sustaining our caring, compassionate nature.

The presentation “Building Resiliency in your Nursing Practice” will focus on what resiliency is; why is it important; and how we can build this positive perspective in our working environment.

Desired Outcome:

Learn strategies to cultivate a resilient workplace.

Speaker:

Pamela Spivey MSN, CCNS, RNC-NIC, RN-BC

Target Audience:

RNs & LPNs

Agenda:

8:00-8:25 AM	Registration & Light Breakfast
8:25-8:30 AM	Welcome and Announcements
8:30-8:45 AM	Overview
8:45-9:15 AM	What is Resilience and Why Does it Matter
9:15-10:30	Building your resiliency
10:30-10:45 AM	Fit Break
10:45-11:45 AM	7 Habits of Highly Resilient Nurses
11:45 AM-12:15 PM	Lunch
12:15 -1:15 PM	Applying Resilience in the Workplace
1:15-1:30 PM	Q&A

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NHRMC Employees Register Via
instructions in NetLearning

Registration fee: \$85

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

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 questions concerning accessibility or special needs assistance, please call 910-343-0161.

Credit:

3.75 CNE Credit Hours

3.75 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:

South East Area Health Education Center (SEAHEC) adheres to ANCC Essential Areas and Policies regarding industry support of continuing medical education. Commercial support for the program, and faculty relationships within the industry, will be disclosed at the activity. Speakers will also state when off-label or experimental use of drugs or devices is incorporated into their presentations. Participation in an accredited activity does not imply endorsement by SEAHEC or NCNA of any commercial products displayed in conjunction with an activity.

REGISTER ONLINE HERE

NHRMC employees follow registration instructions in NetLearning

SEAHEC REGISTRATION FORM

Course Name: Building Resiliency in Your Nursing Practice Course # N57163 Registration Fee: **\$85**

Date: November 9, 2018

Name: _____

Degree/Cert: _____ Title/Occupation: _____

Preferred e-Mail Address: _____

In order to receive all course notifications and materials, you must create or have an up-to-dated account at www.seahec.net.

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: _____

Print Name as it Appears on Card: _____

Cardholder's Signature: _____

Cardholder's Address (if different than above): _____