



Nurse Executives' Workshop - Human-Centered Leadership in Healthcare: *Starting with Self*

Don't Miss Out on This Two-Session Virtual Workshop with uleadership!

Overview:

Take a break from the daily challenges of your Nurse Executive responsibilities and step into a supportive learning space with your peers. Together, in an interactive environment, let's embark on a journey to discover the benefits of placing our well-being as a priority, embracing self-awareness, self-compassion and mindfulness. Discover how connecting and aligning with your purpose and embracing a transformative, self-nurturing mindset can positively influence your teams as you lead by example with the principles of "Starting with Self."

Target Audience: Executive Nurse Leaders (VP, CNE, CNO roles)

Virtual Webinar Dates (Note: You have to sign up for both):

- Part 1: May 9, 2024 | noon - 2 p.m. CT/1-3 p.m. ET (Nurses Week)
- Part 2: May 16, 2024 | noon - 2 p.m. CT/1-3 p.m. ET (Hospital Week)

Enrollment Fee: \$320/person if member | \$349/person if non-member

Registration & Virtual Event Information: [Click Here](#) | **Deadline to Register:** May 8, 2024

Non-VSS Members, please email Montrez Ruffin at montrez.ruffin@vizientsouthernstates.com for access code.

Earn a Workshop Badge: Participants of both workshop sessions will receive a badge that can be posted on your LinkedIn, email or other social media accounts.

About the Subject Matter Experts:

uleadership is the vision of three healthcare leaders with decades of bedside nursing and nurse leadership experience. In coming together, we recognized each of us had experienced successful leadership journeys, but had left ourselves and our self-care out of the equation. We now understand effective leadership starts with you, but it's not about you!

We share a passion for relational leadership and wellbeing. This passion united us and led to the development of a Human-Centered Leadership model for nurse leaders based on qualitative research. The model focuses on establishing a healthy mindset and self-care practices in order to develop the people who lead the people who care for the people.

Testimonial:

"I realized how little self-care I was actually doing, if at all. I put everything on myself in the job and didn't realize the value of changing my mindset to care for me so I can care for others." For more testimonials, please visit the uleadership website [here](#).

Two Self-Assessments Included!

- *Self-Compassion* by Kristen Neff
- *Perceived Stress Scales* by Sheldon Cohen