

Nurturing the Nurses PROGRAM AGENDA

Friday, August 26th, 2016

Time	Session Title	Description	Speaker
3:00	Arrival	Registration, Room Assignments and settling in	
3:30	Orientation	Westerbeke Ranch	Westerbeke Staff
3:45 – 4:15	Invocation	Bringing Mind and Body Together (10’)	Susan Mazer Dallas Smith
	Welcome and Introductions	Who am I today to show up at this event?	Jan Adrian Theresa Koetters
4:15 – 5:00	Human Caring: The Caritas Call	Where we begin: Altruism and Equanimity to Self and Others	Susan Mazer
5:00– 5:30	Caring: The Essence of Nursing	Reflections on your choice of nursing as a vocation	PJ Haylock
5:30	Break		
5:45– 6:30	Self-awareness and Mindfulness: Elements of Self-Care for Nurses	Intention-setting for the weekend; Identification of personal growth opportunities; Tools for reflection	Becky Crane-Okada
6:30	Dinner		
7:45	Coming to what matters: A meditation for clarity	What is the IT?? (15’)	Susan Mazer and Dallas Smith

8:00 - 9:00	Intention Setting and Defining Issues Closing: Guided Imagery	In small break-out groups, we will discuss your most pressing issues and where you would like to be with them by the end of the weekend.	Jan Adrian Theresa Koettters Cindi Cantril Becky Crane- Okada PJ Haylock Susan Mazer T. Koettters
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Saturday, August 27th, 2016

8:00	Breakfast		
9:00	Invocation		Susan Mazer Dallas Smith
9:05 – 11:00 (Break at 10:00)	Compassion Fatigue, Burnout and Occupational Stress	Ramifications of distress: Coping mechanisms as self-care measures	Theresa Koettters
11: 00	Nutrition	Value of Mindful Eating	Sharon Meyer
12:30	Lunch		
1:30 – 2:45	Workplace Culture: Building Respect and Creating a Healthy Work Environment	<ul style="list-style-type: none"> • Bullying • Building resilience • Healthy work environments • Healing Environments 	PJ Haylock Theresa Koettters Susan Mazer
2:45	On your own	Hike, swim, hot tub, sleep Labyrinth, journaling, Reiki	

6:30	Dinner		
7:45P	Carrying Your Grief and Unburdening Yourself	Large Group and small group work	Cindi Cantril
8:45P	Meditation	Meditation for Freedom from Suffering	Susan Mazer Dallas Smith
Sunday, August 28th, 2016			
8:00 – 9:30A	Breakfast And packing	We need to be out of our rooms by 10 am. Luggage can be left on the porches for the rest of the day.	
9:30 - 10:30A	Self-care and Self-healing Tools	Time Management Reflective Writing The Johari Window Meditation Guided Imagery	T.K. PJ TK Becky Susan Ezra
10:30	Break		
10:45 – 11:30	The Value of Dissonance & Consonance	How we move into the future and design our growth amidst resistance to change	Susan Mazer Dallas Smith
11:30 – 12:30	Nurturing Nurses	Using the moon as a symbol, learn about bringing archetypal energy of the moon to facilitate your own self care	Becky Crane-Okada
12:30	Break and Lunch		
1:30	Summary & Closure: Taking the Retreat Home With You	Facilitated opportunity for retreat participants to consider and share self-care intentions; “Crafting Your Wellness Blueprint”.	Cindy Cantril PJ Haylock
2:30		Evaluations and departure	