

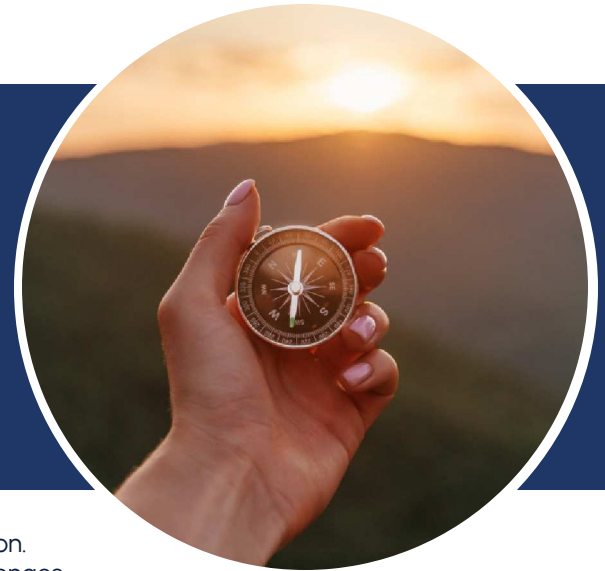


Organization of Nurse Leaders | New England

Survival Skills for the Modern Nurse Leader

Wednesday, October 14, 2026

9:30 a.m. - 12:00 p.m. ET via Zoom



Today's nurse leaders face unprecedented demands on their time and attention. They are expected to support frontline teams, manage daily operational challenges, contribute to organizational strategy, and drive change—all while maintaining their own well-being and modeling balance for their team. It's easy to feel stretched thin and stuck in a cycle of constant reaction.

In this practical and engaging session, psychologist and habit coach Dr. Carol Perlman will share actionable strategies to help nurse leaders navigate competing priorities, increase productivity, and create sustainable habits that support both effectiveness and resilience. Participants will gain practical tools to better manage their workload, reduce overwhelm, and create more capacity for the leadership work that matters most.

Key Topics Covered

- Managing competing operational, clinical, and strategic priorities
- Creating systems to organize and prioritize work effectively
- Moving from reactive to intentional leadership
- Building daily and weekly routines that support productivity and well-being
- Breaking down large projects and goals into manageable actions
- Protecting time for strategic thinking and high-value work
- Developing sustainable habits that reduce stress and prevent burnout
- Modeling healthy work practices and resilience for teams



Carol Perlman, Ph.D., *Psychologist and Habit Coach*

Dr. Carol Perlman is a licensed psychologist, leadership consultant, and habit coach with more than 25 years of experience helping professionals build the skills and systems needed to thrive in demanding roles, such as improving productivity, managing competing priorities, and creating sustainable habits that support both performance and wellbeing. Her career has included positions at Massachusetts General Hospital, Brigham and Women's Hospital, Harvard Medical School, and the Veterans Affairs Medical Center, and she currently serves as faculty for the American Organization for Nursing Leadership (AONL) 2026 Nurse Executive Fellowship. She is also host of the Healthy Habits 4 Life podcast.

Program Logistics

- Target Audience: Nurse leaders at all levels
- Contact Hours: 2.5 Contact Hours will be awarded for participation.
- Registration fee: \$125 per person, or \$1,000 for 10 people.
- Groups: To register a group, [download our sign-up form](#).

Register now!

[oonl.org/
survival-skills-
fall-2026](https://oonl.org/survival-skills-fall-2026)

Space is limited.