

Organization of Nurse Leaders 2017 Winter Meeting



DR. TERI PIPE is Dean of the College of Nursing & Health Innovation and a Chief Well-Being Officer at Arizona State University (ASU).

Date:

December 8th, 2017

Location:

Marriott Hotel
1 Burlington Mall Road
Burlington, MA

Member: \$225

Non-Member: \$275

[Register here](#)

SESSION 1: Mindfulness and Compassion for Leadership & Clinical Practice

This session will introduce the concepts of mindfulness and compassion in a way that will make all attendees appreciate the value they bring to leadership practice. The discussion will then be narrowed so that participants can prepare to build their own resilience through mindfulness and compassion exercises.

Objectives:

Participants will be able to:

- Describe the concepts of mindfulness and compassion within the broader context of healthcare
- Practice short mindfulness and compassion exercises
- Identify pragmatic ways of practicing and applying mindfulness and compassion within a leadership role

SESSION 2: Mindfulness: Practical Tools

This experiential session will provide a “taste” of many mindful practices applicable to the professional and personal lines of participants.

Objectives:

Participants will be able to:

- Practice mindful breathing exercises that can be done in any setting
- Identify mindful eating practices
- Practice mindful communication practices
- Identify 3 ways they can bring more focused awareness to their leadership practice and their personal life

ONL

**Organization of
Nurse Leaders**

Advancing a culture of health.

**Attendees will be eligible
for 3.5 Contact Hours.**

The Organization of Nurse Leaders, MA, RI, NH, CT, VT is an approved provider of continuing nursing education by the American Nurses Association, Massachusetts an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

AGENDA

7:30-8:30	Registration, Breakfast, Exhibitors
8:30-10:00	Business Meeting
10:00-10:30	Break, Exhibitors
10:30 – 12:00	<i>Mindfulness and Compassion for Leadership & Clinical Practice</i> Teri Pipe PhD, RN
12:00-1:00	Lunch, Exhibitors
1:00-3:00	<i>Mindfulness: Practical Tools</i> Teri Pipe PhD, RN

For more information, or to register a group, contact info@oonl.org or 781-272-3500.