

COURAGE TO NURSE



A retreat for nurses who are seeking to renew and sustain engagement in their profession and to deepen leadership skills for the delivery of compassionate person centered care.

What is Courage to Nurse?

Courage to Nurse is a retreat designed for nurse leaders. It is based on the Courage and Renewal® work of Parker J. Palmer. Highly skilled facilitators will create a unique retreat-based environment in which participants expand their capacity to listen and be present, improve their ability to build trustworthy relationships, and find the courage to live and work authentically.

Courage to Nurse retreats use the lens of nature's cycles to examine vocational and life questions. In a safe, quiet, nurturing, and confidential environment, the retreat presents a variety of tools to promote reflection and clarity, including poetry, prose, music, videos, interaction with nature, and movement. There will be periods of silence and meditation, time for journaling and self-reflection, and large and small group conversations.

Courage to Nurse is a pilot project funded by a grant from Associated Medical Services with matched funds from Queen's University School of Nursing. Participants will be invited to voluntarily participate in two interviews and complete a questionnaire at the start, the end and 18 months after the program ends.

It is hard to imagine

a more challenging time for nurses. Nursing in today's environments requires advanced skills and our full human capacity in every role.

Courage to Nurse work is framed on the knowledge that personal resources may have a positive impact on emotional demands of nursing work. *Courage to Nurse* will give you an opportunity to explore questions such as,

- *"How can I maintain a strong connection between who I am and the work I do as a nurse and leader?"*
- *"What practices will help me align my soul and the demands of my nursing roles?"*

Courage to Nurse is a residential (48hour) retreat being held:

Wed. June 25 – Fri. June 27, 2014

Location:

Providence Centre
1200 Princess Street
Kingston, Ontario

Meet our Faculty



Mardi Tindal, MA is an adult educator and facilitator, organizational consultant, writer, broadcaster and immediate past Moderator of The United Church of Canada. She is a Courage & Renewal® facilitator and mentor with Parker J. Palmer's Center for Courage & Renewal.



Penny R. Williamson, ScD is an internationally recognized healthcare facilitator and educator. She is a founding facilitator and mentor for the Center for Courage and Renewal and Associate Professor of Medicine (part time), The Johns Hopkins University School of Medicine.

Who should attend?

Nurses leaders at all levels of patient care, from senior management to front-line nurses. Future retreats will be offered primarily to newly practicing nurses.

Program Fees:

We have been able to secure significant grant funding for the series and can offer you this retreat at the reduced fee of \$250 including food, lodging, materials and tuition. (Usual fees are at least double that amount.)

Questions?

Please contact us if you have questions or you want to learn more:

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If you have any concerns about your rights as a research participant please contact – Dr. Albert Clark, Chair of the Queen's University Health Sciences and Affiliated Teaching Hospitals Research Ethics Board at (613) 533-6081.

How do I apply?

Please apply online:

<https://nursing.queensu.ca/store/ctn/register.php>

You will be asked to upload a brief MS Word or Adobe PDF file with a 'personal statement' (no more than 600 words) to let us know something about the setting in which you do your work, your hopes for this retreat, and a question you may be holding. Your information will remain confidential and will be shared only with our two expert faculty members.

We have room for 24 participants and will offer places on a first come basis.

Payment:

To reserve your spot, please register for the program and submit the \$250 fee.

<https://nursing.queensu.ca/store/ctn/register.php>