

NURSE COACHING TO EXPAND YOUR PRACTICE

Thursday, August 4, 2016



Location: MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Rd, Asheville NC 28803

Date: Thursday, August 4, 2016
Registration: 8:00 am - 8:30 am (*light breakfast provided*)
Program: 8:30 am - 4:30 pm (*lunch on your own*)

Early registration fees through July 28th:

Registered Nurses: \$75.00
MAHEC Employee: Fee Waived

In recent years, the role of Nurse Coach has become increasingly prevalent in nursing and health care reform. Nurse Coaching is about effecting change through a structured process between the nurse and the patient/client. This program will include the history, definitions, and core competencies related to Nurse Coaching. It will also provide reasons for the recent popularity of Nurse Coaching related to the implementation of the Affordable Care Act. Lastly, this course will describe the three dimensions of a structured coaching session. This course will include what Nurse Coaching is, what Nurse Coaches do, the future of Nurse Coaching, and some of the science behind Nurse Coaching. Along with this information, participants will leave with coaching skills that can be applied to their work setting immediately.

AUDIENCE

Registered Nurses

OBJECTIVES

Upon completion of this educational event, the learner should be able to:

- Identify two tasks that Nurse Coaches perform as evidenced by implementing them into clinical practice
- Identify one factor that is responsible for an increased number of coaching positions as evidenced by stating at least one factor
- Identify two factors that could lead to intrinsic motivation as evidenced by sharing these factors with coworkers
- List three structures of consciousness from Jean Gebser's model as evidenced by reviewing them with classmates
- Apply the Wisdom of the Whole coaching tools as evidenced by applying these tools in the work setting
- Identify three questions that help structure a coaching session as evidenced by a return demonstration during the practice coaching session
- List two questions you could ask a patient or co-worker in the next week as evidenced by asking the questions during practice coaching session

AGENDA

- 8:00am Registration (*light breakfast provided*)
- 8:30am All About Nurse Coaching: Definitions, History, Certifications, What Do Nurse Coaches Do, What are the Job Opportunities, Why Does Nurse Coaching Work, Nurse Coaching Competencies
- 10:00am Break
- 10:15am Coaching From a Multidimensional Integral Coaching Model and Two Coaching Tools You Can Use with Patients
- 11:45am Lunch (*on your own*)
- 1:15pm Listening, Structure for a Coaching Session, the Holistic Assessment, and Coaching Practice in Triad
- 2:45pm Break
- 3:00pm Coaching Practice Continued, and Lessons Learned
- 4:30pm Wrap Up and Adjournment

COMMITTEE MEMBERS

Ronnie Metcalf, EdD, RN, ONC
MAHEC, Asheville, NC

Karen Sanders, MSN, RN
South College, Asheville NC

FACULTY

Linda Bark, RN, PhD, is a Master Certified Coach (International Coach Federation) and a Board Certified Nurse Coach (American Holistic Nurses Credentialing Corporation). She has more than 25 years of coaching experience in her private practice as well as 20 years of training coaches nationwide. Throughout her career, Linda has pioneered new professional health pathways. In 1970, she started a nursing private practice and in the 80's she worked to introduce holistic nursing to hospitals. In the 90's, she led medical tours to China, lived in China to discover how to help Westerners create a context for Eastern healing, and served as a consultant to organizations nationwide on how to start integral healing centers. Linda recently received recognition for her book and *Wisdom of the Whole Coaching Academy's* course companion, *The Wisdom of the Whole: Coaching for Joy, Health and Success*, which was awarded an American Journal of Nursing 2012 Book of the Year for Professional Development and Issues. Linda's integral/holistic coaching model is an innovative and unique approach to co-creating learning experiences that empower people and help them feel and maintain a sense of ease, fun and fulfillment.



CREDITS

6.0 CNE Contact Hours.

This continuing nursing education activity was approved by the Mountain Area Health Education Center's Department of Nursing Education, an accredited approver by the American Credentialing Center's Commission on Accreditation.

Participants must attend entire activity to receive credit. No partial credit is given for this activity.

MAHEC adheres to the ANCC/ACCME Standards regarding industry support to continuing nursing education. Disclosure of presenters, planners, and commercial support relationships, if any, will be made known at the time of the activity.

CEU: The Mountain Area Health Education Center designates this continuing education activity as meeting the criteria for **0.6 CEUs** as established by the National Task force on the Continuing Education Unit. You must attend the entire activity or activities to receive CEUs.

REGISTRATION

Early Registration Deadline: July 28, 2016

Early registration fee is \$75.00. Registration fee includes administrative costs, educational materials and light breakfast. If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

Directions to the Biltmore Campus

121 Hendersonville Rd., Asheville, NC, 28803

From I-40 Eastbound, take Exit 50 and turn left onto Hendersonville Road.

From I-40 Westbound, take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left and continue up the hill to the MAHEC Biltmore Campus.

From 19-23 (I-26) take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light turn right into the DoubleTree Hotel complex. Turn left and continue up the hill to the MAHEC Biltmore Campus.



Updated contact info

Name _____

Credentials _____

Social Security # **XXX-XX-**____ (last 4 digits required)

Occupation _____

E-mail Address _____

Home Address _____

City _____ State _____ Zip _____

Home County _____

Home # _____ Work # _____

Employer _____

Department _____

Employer's Address _____

City _____ State _____ Zip _____

Work County _____

Program announcements will be sent to your email unless you opt out from receiving emails from MAHEC. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

After July 28th:

Registered Nurses: \$75.00 \$90.00
MAHEC Employees: Fee Waived

Full payment must accompany all registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed (Made payable to MAHEC) Credit card info provided

Visa Mastercard Discover Card American Express

Account # _____

Exp _____ / _____ Code on back of card _____

Name on Card _____

Signature _____

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Send completed registration form to:

MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803

Fax to 828-257-4768

Have a question?

Program Planner:

Ronnie Metcalf, EdD, RN, ONC
ronnie.metcalf@mahec.net

828-257-4478



Special Services:
828-257-4485

Registration Information:

828-257-4475

Fax Registration:

828-257-4768

Online Registration:

www.mahec.net

Email:

registration@mahec.net

Mail: MAHEC Registration

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