



***Celebrating 2020 National Nurse Practitioner Week  
November 8<sup>th</sup> - November 14<sup>th</sup>, 2020***

***Save the Dates and Plan to Join Us for These Interactive Zoom  
Webinars That Will Leave You Feeling Inspired and Empowered.***

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**Tuesday - November 10, 2020  
7 PM - 8 PM  
*The Transformative Power of  
Small Choices***

**Susan Retik, PCC**  
Leadership Coach  
Co-Founder and CEO - Beyond the 11th

[\*\*CLICK HERE\*\*](#) to Register

During this interactive webinar, Susan will share the story of her personal journey following the death of her husband on 9/11 and message of how everyday mindset and actions can impact our identity and the very course of our lives. Through her application of personal coaching strategies, participants will be encouraged to look deeply into the system that drives their thinking and behaviors and gain Insight into what may be getting in the way of personal and professional goals.

*Susan Retik is a Leadership Coach, Motivational Speaker, and CEO of Beyond the 11th, a non-profit that addresses the needs of Afghan widows through literacy and income-generating programs. Drawing from her own experience after her husband was killed on 9/11 and extensive leadership coaching training, Susan has worked to support others on their journeys to seize opportunities, overcome challenges and reach their greatest potential.*

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**Wednesday - November 11, 2020  
7 PM - 8 PM**

***Stress Management and Resiliency  
Strategies for Self-Care and Application  
in Clinical Practice***

**Katherine Cowen Rosa, PhD, FNP-BC**  
Benson-Henry Institute for Mind Body Medicine at  
Massachusetts General Hospital

[\*\*CLICK HERE\*\*](#) to Register

This interactive webinar will review the science of the stress response and present resiliency strategies for self-care that can be applied to clinical practice. Participants will learn to identify their own stress response and examine the effects of resiliency strategies on stress and coping.

*Katherine Rosa is a Family Nurse Practitioner who has worked in primary care with patients of all ages with vast experience teaching individuals and groups on meditation, relaxation techniques, and the practice of Therapeutic Touch®. She is part of the clinical team at the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital and has done extensive research on understanding how the human connection within the nurse-patient relationship fosters healing while living with chronic illness.*

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***MCNP is pleased to offer these complimentary webinars as a  
special thanks to ALL Massachusetts Nurse Practitioners.***

***There is no charge to participate and NP attendees  
will be eligible for CE Credit.***

***Please plan to Join Us and Invite Your NP Colleagues!***

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