

Restoring Wholeness to The Heart of Nursing Leadership

March 19, 2026

NYONL Workshop Agenda

Facilitated by Darah Salmaggi, MS and Taryn De Sio Garber, M.Ed., MS., TTS

11:30 am -12:00 pm	Arrival, networking, light snacks
12:00 pm	Welcome, Intention-setting
12:20 pm	Soft Belly-Breathing + Shedding the Masks Exercise
12:35 pm	"I Am" Triad Exercise
1:00 pm	Reflective Journaling
1:10 pm	Break, Networking with Sponsors
1:20 pm	Energy Medicine Exercise
1:30 pm	Nurse Leader Keynote - E. Kate Valcin, DNP, RN, NEA-BC, CNL, CCRN, FCCM NYONL Past President
1:45 pm	Guided Visualization
1:55	Break + Wellness Tools
2:15	Biofeedback + Autogenics
2:45	Whole Health Exploration Tool (personal inventory)
3:15	Group Dialogue
3:25	NYONL Leadership Toolkit Exercise
3:50	Closing Ritual
4:20	Final Reflections & Closing
4:20	Attendee/Sponsor wine and cheese networking reception

This offering is co-sponsored by NYONL and the University of Rochester
Center for Nursing Professional Development Provider Unit.

The University of Rochester Center for Nursing Professional Development Provider Unit is accredited with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center Commission on Accreditation.
4.0 CNE available.

