

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.

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nursing continuing professional development by the American Nurses Credentialing Center Commission on Accreditation.
4.0 CNE available.

