

Restoring Wholeness to The Heart of Nursing Leadership

September 27, 2026

NYONL Preconference Agenda

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

7:30 am	Arrival, networking, continental breakfast
8:00 am	Welcome, Intention-setting
8:20 am	Soft Belly-Breathing + Shedding the Masks Exercise
8:35 am	"I Am" Triad Exercise
9:00 am	Reflective Journaling
9:10 am	Break
9:20 am	Energy Medicine Exercise
9:30 am	Nurse Leader Keynote - E. Kate Valcin, DNP, RN, NEA-BC, CNL, CCRN, FCCM NYONL Past President
9:45am	Guided Visualization
9:55 am	Break + Wellness Tools
10:15 am	Biofeedback + Autogenics
10:45 am	Whole Health Exploration Tool (personal inventory)
11:15 am	Group Dialogue
11:25 am	NYONL Leadership Toolkit Exercise
11:50 am	Closing Ritual
12:00 pm	Final Reflections & Closing

ABOUT THE FACULTY:



This offering is jointly provided by NYONL and the University of Rochester Center for Nursing Professional Development. The University of Rochester Center for Nursing Professional Development is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

4.0 CNE available.

