

Restoring Wholeness to The Heart of Nursing Leadership And Connecting the Mind and Body

Sunday, September 27, 2026
NYONL Workshop Agenda

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

8:00 am	<i>Welcome and Opening</i>
8:10 am	<i>Mind-Body Interventions for Nurse Leaders: The Basics and Self-Exploration</i>
9:15 am	<i>Break</i>
9:25 am	<i>Energy Medicine Practices: Quick Pick-Me-Ups and Internal Reconnection</i>
9:45 am	<i>One Nurse Executive's Commitment</i> <i>E. Kate Valcin, DNP, RN, NEA-BC, CNL, CCRN, FCCM, NYONL Past President</i>
10:00 am	<i>Leadership Toolkit Reflection and Selection</i>
10:20 am	<i>Break</i>
10:30 am	<i>Barriers and Facilitators to Restoring Wholeness in Nursing Leadership</i>
10:55 am	<i>Nurse Leader Guided Visualization and Leadership Inventory</i>
11:35 am	<i>Break</i>
11:45 am	<i>Closing Ritual and Final Reflections</i>
12:00 pm	<i>Program Concludes</i>

This activity is jointly provided by NYONL and the University of Rochester Medicine Accredited Provider. University of Rochester Medicine is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

<https://www.urmc.cne.edu/>

This offering provides 4.0 ANCC CNE credits to attendees at the full session.



**University
of Rochester
Medicine**

