

WALDEN UNIVERSITY PROUDLY PRESENTS:

Building Nurse Resilience

Three-Part Webinar Series

A crucial step in combating nurse burnout and fatigue is focusing on building resiliency. Walden's webinar series will tackle important aspects of resiliency, designed to support nurses, success in the workplace and beyond.

Attendees can earn 1 contact hour for viewing each webinar and completing the evaluation.



REGISTER NOW

Tools for Resiliency: Application to Practice

ON-DEMAND

Dr. Mary Bemker will share valuable strategies on building leadership, organizational, and personal burnout resilience that can easily be transferred into everyday clinical and non-clinical practice settings.

Enhancing Mental Health in Nursing

ON-DEMAND

Join Dr. David Sharp as he discusses mental health vulnerabilities and coping strategies for work-related stressors.

Mindfulness as a Path to Resilience

ON-DEMAND

Sally Arnold, an international mindfulness educator, explores the neuroscience-based practice of mindfulness. Develop simple yet powerful skills to begin mindful practices before your next work shift.

Walden University is accredited by
The Higher Learning Commission, www.hlcommission.org

Walden University is accredited as a provider of nursing continuing
professional development by the American Nurses Credentialing
Center's Commission on Accreditation, Provider Unit Number: P0649.

While professional development activities offered by an American
Nurses Credentialing Center Provider Unit typically satisfy the
requirements of most states, Walden University recommends that
participants ensure that the content offered meets their individual
requirements. To the extent that contact hours must be approved
within one's state of residence or licensure, participants should check
with their state board of nursing before enrolling in any professional
development activity. The state board of nursing determines the
number and type of contact hours that can be claimed for professional
development activities.

