



ROBERTS

WESLEYAN UNIVERSITY

LEARN ABOUT R.E.S.T.

The nursing profession is rewarding but stressful, evidenced by approximately one in three new nurses leaving the nursing profession within the first twenty-four months. Nurses are faced with stress, burnout, and compassion fatigue more than ever since the COVID-19 pandemic.

The R.E.S.T model is an educational intervention that offers a practical pathway to building resilience.

You are invited to participate in a 2.5-hour Zoom workshop about RESILIENCE.

PARTICIPATION MATTERS

Your valuable input and feedback may offer insights that will inform the usability and adaptability of the R.E.S.T. model in resilience education and training.

WHAT'S IN IT FOR WORKSHOP PARTICIPANTS?

You will receive approximately 90 minutes of content specific to resilient-building skills with individual and collective activities. You will be asked to share your experience, participating in the workshop afterward, in a small group interview which may last up to 60 minutes.

AFTER COMPLETING THE WORKSHOP AND SMALL GROUP INTERVIEW, YOU WILL RECEIVE A \$50.00 AMAZON E-GIFT CARD WITHIN 24 HOURS.

HAVE YOU BEEN PRACTICING AS A REGISTERED NURSE FOR TWO YEARS OR LESS?

Please let me know your interest in participating by clicking this **link**. Thank you.

For more information, contact:

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