Sunshine Speaker Series!
Join the ANA-Vermont throughout the summer in celebrating the work and achievements of nurses!

Friday, August 25th, 12:00pm to 1:00pm EST via Teams

Cynthia Peterson, PhD, RN, CCRN-K, NE-BC
University of Vermont Medical Center


Cynthia Peterson, PhD, RN, CCRN-K, NE-BC is an Assistant Nurse Manager at the University of Vermont Medical Center and recently finished her PhD at the University of Massachusetts Amherst College of Nursing. Dr. Peterson will be presenting on her research to implement the Changing Minds, Changing Lives program. This nurse-created, nurse-led resilience program was implemented in March through May 2022 with a cohort of Vermont nurses to build resilience and promote a healthy work environment. The program utilized an evidence-based curriculum to empower and connect nurses through facilitated learning, writing, and reflection. We will review lessons learned from implementing this 10-week course for nurses and explore solution-based approaches for supporting wellbeing in healthcare.

Upcoming Sunshine Speakers!
• Laura Lang, DNP, RN, NPD-BC, The University of Vermont Medical Center

Continuing Education Credit: 1 CEANA-Vermont is an Approved Provider Unit through the NEMSD