

12:30 p.m. - 2:00 p.m.

Concurrent Session 2C

***Taking Care of Your Compassionate Heart**

*1.5 hours for Social Work CEU's will be given for this session.

In Person

Speaker Bio:

Phyllis S. Quinlan, PhD, RN, NPD-BC
Internal Coach/Director for Professional Development
Cohen Children's Medical Center

Phyllis has practiced as a registered nurse for over 40 years and also has 20 years' experience as a certified professional coach. In January of 2016, she was invited to be the Internal Coach/Director of Professional development for the Cohen Children's Medical Center in NY, where she works with the staff to create a stronger sense of personal well-being and collaborates with the CCMC leaders to create and sustain healthy workplaces.

Phyllis is also the career coach for the Perioperative Nurses Association/AORN and the American Nurses Association-NYS Chapter. She is a sort after speaker, podcast guest, social media influencer, and is the author of, Bringing Shadow Behavior into the Light of Day: Understanding and Effectively Managing Bullying & Incivility in Healthcare.

Identified Gap(s): Individual resilience, empathy, and compassion are tested as we try to navigate our lives through the persistent uncertainty of a career in healthcare.

Description of current state: Professional caregivers report being challenged to maintain their ability to be empathic and compassionate.

Description of desired/achievable state: Increase the learner's awareness about the effects of stress and review options to maintain.

Gap to be addressed by this activity: X Knowledge Skills _____ Practice _____ Other:
Describe _____

Learning Outcome (s) _____

Select all that apply: ☒ **Nursing Professional Development** ☐ **Patient Outcome** ☐ **Other: Describe** _____

CONTENT (Topics)	TIME FRAME (if live)	PRESENTER/ AUTHOR	TEACHING METHODS/LEARNER ENGAGEMENT STRATEGIES
Provide an outline of the content	Approximate time required for content	List the Author	List the learner engagement strategies to be used by Faculty, Presenters, Authors
Summarize the nature of a person with a compassionate heart	20 minutes	Phyllis S. Quinlan, PhD, RN, NPD-BC	PowerPoint guided lecture with question and answers
Explain the Value of Boot-Camp Moments in keeping you connected to your empathy and compassion	40 minutes	Phyllis S. Quinlan, PhD, RN, NPD-BC	PowerPoint guided lecture with question and answers
Identify the five elements of Authentic Wellbeing	30 minutes	Phyllis S. Quinlan, PhD, RN, NPD-BC	PowerPoint guided lecture with question and answers

List the evidence-based references used for developing this educational activity listed in APA format (within 5-7 years):

1. Brown, B. (2021) Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience. New York: Random House.
2. Neff, K. (2021). Fierce Self-Compassion: How Women Can Harness Kindness to Speak Up, Claim Their Power, and Thrive. New York: Harper Collins Publishing.
3. Tomasulo, D. (2020). Learned Hopefulness: The Power of Positivity to Overcome Depression. Oakland: New Harbinger Publications.

If Live: (Note: Time spent evaluating the learning activity must be included in the total time when calculating contact hours.)

Total Minutes 60 divided by 60=1 contact hour(s)

If Enduring: Method of calculating contact hours: Pilot Study Historical Data Complexity of Content

 Other: Describe

Phyllis S. Quinlan, PhD, RN, NPD-BC
Completed By: Name and Credentials _____

January 2, 2024_
Date