



Self-Care & Resiliency Training (SART) for Nurses: An Integrative Approach to Health and Happiness (12.5 Contact Hours)

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Self-Care & Resiliency Training (SART) for Nurses is a 2-Day training and introduction to research proven fields of optimal human performance, self-care and resiliency. These emerging fields have been proven to reduce burnout, compassion fatigue, PTSD, and secondary trauma.

Why is this program important?

Nurses need self-care and resiliency training to help them do and feel their best under all circumstance in the workplace.

Before COVID, the ANA's Executive Summary (2017) stated that the average nurse was unhealthy compared to the average American due to factors such as job stress, lack of sleep, and physical and mental exhaustion from demanding shifts.

Since COVID-19, the same factors have worsened and become worldwide concerns. Last May 14, 2020, the United Nations issued a policy brief highlighting the need for action to help the mental health of frontline healthcare workers. Since then, the media have reported stories of burnout, compassion fatigue, and PTSD from nurses. It is time for nurses and healthcare organizations to invest in health and well-being trainings. Unrelenting stress will negatively impact nursing shortage, patient safety, medication errors, infection rates, and so much more!

How is this training different from others?

This content-rich program not only offers research proven skills but also a community of like-minded nurses and one post-program empowerment group coaching call. By the end of the second day of the program, nurses will have learned over a dozen self-care and resiliency skills that they can pick and choose from to create their own "Rockstar Resiliency Toolkit" (RRT) that can be used anywhere and anytime.

What will the nurses learn from this training?

The nurses will be introduced to the following emerging and research proven fields: Positive Psychology, Mindfulness, Optimism, Self-compassion, Gratitude, Sleep Yoga, Laughter Yoga, and so much more!

To learn more, go to:

 <https://healthandhappinessspecialist.com/resiliency-training>