

Harmony Hill Renewal Retreat for Nurses Agenda (2 DAY)

Day One		
9:00-10:00	Registration and Check-In	60 min (Non CNE)
10:00-10:30	Opening Circle (including the history of circles, benefits of circles, setting intentions, sharing experience) (didactic, experiential, group activity)	30 min
10:30-10:45	Break	15 min (Non CNE)
10:45-12:00	Expressive Art for Self-Care (benefits of expressive art, journal making, journal writing for self-care with prompts) (didactic, dialogue, self-reflection)	75 min
12:00-1:30	Lunch & Break	90 min (Non CNE)
1:30-2:30	The Mind, Body, Spirit Connection (didactic, dialogue)	60 min
2:30-2:45	Break	15 min (Non CNE)
2:45-3:45	Movement, Meditation (experiential, group activity, self-reflection)	60 min
3:45-4:15	Break	30 min (Non CNE)
4:15-5:30	Mindfulness (as an approach to stress management and building resilience) (didactic, dialogue)	75 min
5:30-7:00	Break	30 min (Non CNE)
6:00-7:00	Dinner	60 min (Non CNE)
7:00-8:30	Sharing Circle (harvesting collective wisdom and the use of sacred space/time for sharing, building community, exploring interconnectedness, and healing) (didactic, dialogue, self-reflection, experiential)	90 min

Day Two		
7:30-8:15	Movement, Meditation, Guided Imagery (group activity, experiential)	45 min
8:15-9:00	Silent Breakfast (exploring and incorporating mindfulness, prompts/skills, into everyday life) (didactic, group activity, self-reflection, experiential)	45 min
9:00-9:30	Break (additional opportunity for self-reflection/journal writing)	30 min (Non CNE)
9:30-11:30	Self-Compassion as a foundation for Self-Care (integrating insight, intention, reflections and techniques into personal life and professional life) (didactic, dialogue, self-reflection)	105 min (15 min break during this session Non CNE)
11:30-12:00	Free Time	30 min (Non CNE)
12:00-1:15	Lunch	75 min (Non CNE)
1:15-3:15	Communication (non-violent communication, healing conversations, elements and skills used in effective and ethical communication, value of generous listening, art of presence) (didactic, dialogue, self-reflection)	105 min (15 min break during this session Non CNE)
3:15-3:30	Break	15 min (Non-CNE)
3:30-4:00	Evaluations and Closing Circle	30 min (Non-CNE)

****TOTAL CNE = 690 MINUTES DIVIDED BY 60 = 11.5 CNE CONTACT HOURS***