

## **Harmony Hill Renewal Retreat for Nurses CNE Agenda (2 DAY)**

<b>Day One</b>		
9:00-10:00	Registration and Check-In	60 min (Non CNE)
10:00-10:30	Opening Circle History of circles, circle agreements and sharing. (Lecture-Group Sharing)	30 min
10:30-10:45	Break	15 min (Non CNE)
10:45-12:00	Art-Journal Making Benefits of expressive art, journal making for self-care with prompts. (Lecture-Dialogue-Self-Reflection)	75 min
12:00-1:30	Lunch & Break	75 min (Non CNE)
1:30-3:00	Discussion of Mindfulness Mind, Body, Spirit Connection Application to stress relief. Ability to be present. Building Resilience. (Lecture-Dialogue-Self-Reflection)	90 min
3:00-3:15	Break	15 min (Non CNE)
3:15-4:15	Movement, Meditation (Group activity- Self-Reflection)	60 min
4:15-4:30	Break	30 min (Non CNE)
4:30-6:00	Communication in Relationship Elements and skills used in effective ethical communication. The value of generous listening. Art of presence. (Lecture-Dialogue-Self-Reflection)	90 min
5:45-6:00	Break	15 min (Non CNE)
6:00-7:15	Dinner	75 min (Non CNE)
7:15-8:45	Sharing Circle: Reconnecting with your passion for service as a tool for burnout prevention. (Lecture-Dialogue-Self-Reflection)	90 min

<b>Day Two</b>		
7:30-8:15	Meditation, Movement. (Group activity)	45 min
8:15-8:30	Transition to Breakfast	
8:30-9:10	Silent Breakfast (Group activity- Self-Reflection)	40 min
9:10-9:30	Walk with focused meditation. (Group activity- Self-Reflection)	20 min
9:30-11:30	The Experience of Grief & Trauma Acknowledging and identifying trauma. Support progression through personal grieving stages. Assist in identifying personal coping strategies. (Lecture-Dialogue-Self-Reflection)	105 min. of content (15 min break during this session, Non CNE)
11:30-12:00	Free Time	30 min (Non CNE)
12:00-1:00	Lunch	75 min (Non CNE)
1:15-3:15	Self-Compassion as the foundation for self-care. Reframing your story. Building resilience, integrating reflections and insight into your nursing practice and personal life. (Lecture-Dialogue-Self-Reflection)	105 min. of content (15 min break during this session, Non CNE)
3:15-3:30	Break	15 min (Non-CNE)
3:30-4:00	Reflections and Learnings from the Retreat (Dialogue-Group Sharing	30 min

**\*TOTAL = 780 MINUTES DIVIDED BY 60 = 13 CNE-CONTACT HOURS**

***Pacific Lutheran University Center for Continued Nursing Learning (PLU CCNL) is approved as a provider of nursing continuing professional development by Montana Nurses Association, an accredited approved with distinction by the American Nurses Credentialing Centers Commission on Accreditations***

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