

## **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<br>History of circles, circle agreements and sharing.<br>(Lecture-Group Sharing)                                                                                          | 30 min           |
| 10:30-10:45    | Break                                                                                                                                                                                    | 15 min (Non CNE) |
| 10:45-12:00    | Art-Journal Making<br>Benefits of expressive art, journal making for self-care with prompts.<br>(Lecture-Dialogue-Self-Reflection)                                                       | 75 min           |
| 12:00-1:30     | Lunch & Break                                                                                                                                                                            | 75 min (Non CNE) |
| 1:30-3:00      | Discussion of Mindfulness<br>Mind, Body, Spirit Connection<br>Application to stress relief. Ability to be present.<br>Building Resilience.<br>(Lecture-Dialogue-Self-Reflection)         | 90 min           |
| 3:00-3:15      | Break                                                                                                                                                                                    | 15 min (Non CNE) |
| 3:15-4:15      | Movement, Meditation<br>(Group activity- Self-Reflection)                                                                                                                                | 60 min           |
| 4:15-5:45      | Communication in Relationship<br>Elements and skills used in effective ethical communication. The value of generous listening.<br>Art of presence.<br>(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.<br>(Lecture-Dialogue-Self-Reflection)                                                       | 90 min           |

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

Approved 3/29/2023.