

CHANGING MINDS, CHANGING LIVES



WELLBEING OUTCOMES

- + Buffer stress
- + Focus on strengths
- + Empower agency
- + Boost resilience
- + Create connection
- + Restore morale

Join an inspiring group of nurse colleagues for an uplifting weekend of relaxation, reflection and writing at the historic Shaw Hall on the Mt Ida Campus of UMass in Newton, MA.

This in-person residential retreat is nurse-designed and nurse-led. Unwind, reconnect and rediscover your passion for your professional and personal life. We will share stories and strengths, celebrate our shared values and restore our resilience.

"I leave here today feeling stronger, less alone and more capable." (2024)

\$975. Accommodations, meals, wine tasting and 12 CEs included.

PROGRAM SCHEDULE

FRIDAY 11/8

5-6pm Check in at Shaw Hall

6:30-8:30pm Hors d'oeuvres, Connections & Program Introduction

8:30-9:30pm Wine tasting

SATURDAY 11/9

Breakfast, Lunch, Dinner & Snacks provided

8:30 am-5pm Brief guided centering practice: reduce stress; interactive reflection: personal strengths; share stories: challenge and success; exchange appreciative feedback and highlight experiences of growth and connection.

SUNDAY 11/10

Breakfast, Lunch & Snacks provided

8:30am-12:30pm Program continues with deepening connections and further exploration of experiences that revitalize and empower frontline nurses.

12:30pm Closing followed by lunch

FOR MORE INFORMATION: www.2treesresilience.com/events

TO REGISTER: eventbrite.com/e/nursethrive-changing-minds-changing-lives-retreat-tickets-995475472937

