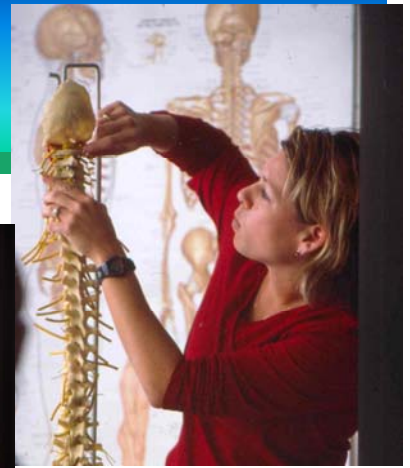


Nurses at all levels have the opportunity to become active leaders in the healthcare system. These courses can help you acknowledge and develop your professional leadership skills.



Developing Resilience

Workplace adversity in nursing is associated with excessive workloads, lack of autonomy, bullying, violence and organizational issues such as restructuring and has been associated with problems retaining nurses in the workforce. This class will allow nurses to actively explore and develop a plan for creating strategies that strengthen their own personal resilience, reduce their vulnerability to workplace adversity and improve the overall healthcare setting. \$89 .48 CEU

Tuesday, May 4, 2010
1:00 – 5:00 p.m., ARCC, #1294

Tuesday, May 11, 2009
1:00 – 5:00 p.m. MCTC, #1295



Instructor:
Elizabeth Larson, RN, BA,
MS, Education Consultant

The Essentials of Nursing Leadership

Participants will practice critical thinking and problem solving for key challenges they face in order to provide positive leadership at the bedside. This two-day course will cover the following topics:

Day 1: The Role of the Nurse Leader

Includes the basics of the nurse leader's role along with the foundation for effective delegation.

Communication and Conflict Management

Includes the skills that are essential for excelling at communication, dealing with difficult people and gaining a better understanding of how to deal effectively with conflict.

Day 2: Leadership Styles and Situational Leadership

Defines different leadership styles and the influences on your personal style. Learn the application of the essential principles of situational leadership; coaching skills; and the development of ideas for giving reward and recognition.

Finding Balance

Explores the stress filled environment today's nurse works in and the message that they can never do enough; or what they have done is not enough. Learn how to increase your resistance to stress as well as some stress busting techniques.

Tuesday & Wednesday, March 30 & 31, 8:00 a.m.—4:30 p.m., \$325
Anoka-Ramsey Community College: TDC D100#1288, 16 contact hours

Tuesday & Wednesday, April 27 & 28, 8:00 a.m.—4:30 p.m., \$325
Minneapolis Community & Technical College, \$325, #1289, 16 contact hours

Register Today:
visit www.anokaramsey.edu/cect
or call **763.433.1200**

Managing Conflict and Preventing Crisis

Many situations can be defused early on if staff can learn early warning signs and how to respond productively during crisis moments. Nurses will learn how to respond effectively to the warning signs that someone is beginning to lose control and if situations escalate how you can feel more calm and collected rather than fearful and confused. .48 CEU \$89

Tuesday, May 4, 8:00 a.m. – 12:00 p.m., ARCC, #1292
Tuesday, May 11, 8:00 a.m. – 12:00 p.m., ARCC—D100, #1293