Nurse Wellness:
Certificate of Completion

Program Syllabus:

Program Description

Welcome to our online personal development course, **"Journey to Personal Growth: Nurse Edition!"** This course is designed to empower you with the skills, tools, and knowledge necessary to reach your full potential in the nursing profession.

As a licensed practical nurse or a registered nurse, you undoubtedly face stressful challenges while caring for patients. We understand the importance of cultivating healthy habits, fostering positive relationships, preventing compassion fatigue, and maintaining realistic expectations to help you thrive in this demanding environment. That's why we're here to support you every step of the way!

Throughout this course, you'll explore practical techniques rooted in JOY's six philosophies. These philosophies hold the key to unlocking a positive mindset and harnessing the power of positive psychology to establish firm yet compassionate boundaries, build genuine connections with patients and their families, and conquer self-limiting beliefs with positive affirmations and gratitude. We'll guide you through goal setting, stress-free task management, and the transformative practice of mindfulness.

Our online course offers a flexible and convenient learning experience that allows you to learn at your own pace and on your own schedule. You will have access to various resources, including videos, worksheets, quizzes, interactive activities, and discussion forums.

Program structure:

This course consists of three distinct parts:

Part 1: Stress and Burnout

Part 2: Nurse Stress

Part 3: Be Your Own Coach (BYOC)

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The first part explores the broader themes of stress and burnout, offering a comprehensive understanding of the factors contributing to the strain experienced in everyday life. The second part focuses more specifically on the unique dimensions of nurse stress. The third equips you with the tools to help you overcome stress and burnout and allows you to begin a transformative journey by following JOY's six philosophies and practicing effective coaching techniques on yourself. *See below for more details.*

Learning Outcomes:

By the end of this program, you will be able to:

- Identify all of JOY's philosophies and understand how they relate to your life;
- Learn about different types of stress and recognize which ones may affect you;
- Discover strategies to prevent and address burnout before it takes a toll;
- Mitigate the negative impact of imposter syndrome and build confidence;
- Identify stressors in patient care and develop effective coping mechanisms;
- Learn to assertively set boundaries and say "no" in both professional and personal settings;
- Transform old habits into new, beneficial patterns;
- Overcome self-limiting beliefs that hinder your personal and professional growth;
- Utilize positive psychology, gratitude, and affirmations to conquer negativity;
- Prioritize self-love and understand your role in relationships to foster healthier dynamics;
- Enhance your emotional intelligence across its five components;
- Integrate mindfulness into your daily life and practice mindfulness exercises;
- Understand the stages of change and stay motivated to achieve your goals;
- Shift focus towards things you can control and manage stress related to uncontrollable factors;
- Effectively manage your time to stay organized and prevent overwhelm;
- Learn techniques for creating mind-maps and vision boards to guide you towards your desired life;
- Set SMART goals to track your aspirations and identify the necessary steps to accomplish them;
- Sharpen your listening skills and become skilled at reading body language for improved communication;
- Cultivate acceptance and tolerance towards challenging situations.

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Who is the Course For?

This program is developed for nurses who are struggling, are currently or at risk of experiencing stress and/or burnout, or nurses who would like to learn or improve valuable soft skills. JOY's Nurse Wellness Program is designed to equip nurses with the skills, tools, and knowledge to manage stress by learning essential soft skills such as time management, communication skills, empathy, and emotional intelligence, ultimately allowing them to manage and prevent nurse-related stress and burnout.

Program Rationale and Approach:

JOY's Nurse Wellness Program was developed based on a combination of theory- and practice-based approaches. By the end of the program, learners will have a strong knowledge of both.

<u>The theory segments will help learners:</u>

- Stay up to date with the latest research, approaches, and methodologies used in tackling nurse stress and burnout.
- Gain a comprehensive understanding of the Journey of You methodology.

<u>The approach in the practice sections of the program:</u>

- **Aims to help learners acquire:**
    - Professional, technical, and personal skills adopted and implemented in coaching practices.
    - New capabilities that learners can use to improve themselves.
    - A reflective voice will ultimately help learners determine what they need to manage nurse-related stress and burnout.

- **To do so, the program:**
    - Includes engaging and articulate videos.
    - Provides learners with video transcripts to follow up and save for future reference.
    - Allows learners to move at their own pace, giving them time to absorb and reflect on the information.
    - Encourages group discussion and reflection through discussion and reflection forums.
    - Provides activities that enable learners to gauge their comprehension of the material.
    - Incorporates critical thinking and reflection questions that are key to personal development.
    - Includes multiple graded examinations to help learners test their knowledge of the covered material.

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Program Duration:

While the program allows learners to move at their own pace, they will have access for up to six months, which is more than enough time to complete the program. After this period, access expires.
Participants requesting an extension must provide a valid reason and substantiate their request. If learners do not have a valid reason, they will need to re-register for the program and pay the program fees again.

Program Components:

The program is composed of different sections and approaches, detailed below.

Participation in Discussion Forums:

Discussion forums are a core component of the program, and each forum should typically take **15-20** minutes. Through these discussions, learners are presented with a question or set of questions that allow them to reflect individually and interact with each other's input. In doing so, learners gain a wider perspective and diverse points of view, enriching their personal journey.

Videos and Transcripts

The content of the program is based on Joumana Mansour's book, ***Journey to Personal Growth***. Animated videos present the book's content in a visually appealing and engaging manner. Additionally, keywords and phrases are used to highlight crucial information and enhance learners' understanding of the text.

The length of each video depends on the content. Using a micro-learning approach, content is broken into several videos to

1. Better organize the ideas, and
2. Create shorter videos that allow for increased focus and comprehension.

Learners will also find a link to the transcript under each video, which they may download to read at their own pace and save for later use. If information is divided into several videos, the transcript can be found on the page where the final video is posted.

Activities

Each program section includes a variety of exercises and activities to foster a more engaging and interactive experience.

Activities are designed to achieve one of the following three goals: (1) to assess learners' knowledge of concepts before covering a particular topic, (2) to test learners' knowledge of the material that has already been covered, assisting them in determining whether they have a firm

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understanding of it, or (3) to enable learners to consider their characteristics and position in relation to the content (i.e., self-assessment).

Quizzes

To help you gauge your knowledge of the content, learners will be quizzed on the covered material. Each quiz consists of ten multiple-choice and true/false questions, helping learners assess their understanding of the subject matter.

The passing grade for each quiz is **60%**. Learners can retake the quiz as many times as needed to achieve the desired grade.

Daily Self-Practice

Another fundamental element of the program encompasses individual self-practice activities, including but not limited to mindful breathing exercises, positive affirmations, and journaling. Although these activities are not formally evaluated, it is strongly recommended that learners engage in them regularly, as they play a crucial role in personal development and growth. Ideally, learners should dedicate 30 minutes daily to these activities.

Program Content

Part 1: Stress and Burnout

Outline and Objectives

In our fast-paced, busy lives, stress has become so commonplace that we barely notice it anymore. However, this insidious destroyer is responsible for numerous physical diseases, mental breakdowns, family dysfunctions, and marital dissolutions.

But what if you could take control of your stress and navigate obstacles in a healthy, productive way, mitigating all the ill effects of daily pressures?

This chapter will first focus on stress and burnout, the different types of stress, and how they might manifest in our lives. Once we can name the problem, we can address it. By the end of this chapter, you will better understand how stress affects your emotional, mental, and physical health and what you can do to address it. Take a deep breath and get ready to lighten your load!

By the end of this part, you should be able to:

- Identify what stress is;
- Identify the different types of stress;
- Recognize the symptoms of stress and how it affects our bodies;
- Understand the difference between stress and burnout;
- Learn strategies to deal with burnout;
- Understand the roles of the sympathetic and parasympathetic nervous systems in managing stress levels;
- Differentiate between instant and delayed gratification.

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Part 2: Nurse Stress

Outline and Objectives

Licensed practical and registered nurses undoubtedly face challenges while caring for patients. It's no surprise, then, that the nursing profession is rife with stress and burnout.

This part is designed to help you identify how a career in nursing may contribute to your stress levels and how this stress impacts other areas of your life. We'll provide you with practical strategies to combat stress and burnout in the moment, helping you mitigate the ill effects of the pressures that come with being a nurse.

By the end of this part, you should be able to:

- Identify what nurse stress is and how it manifests in your life;
- Understand what nurse wellness is and its importance in your experiences as a nurse;
- Manage and prevent nurse stress and burnout;
- Address specific stressors in the nursing field.

Part 3: Be Your Own Coach

At JOY, we firmly believe that everyone deserves to learn how to live life to the fullest. That's why we created **BYOC**. Our goal is to equip you with the skills, tools, and knowledge to guide yourself on a path of personal and professional growth. Throughout this course, you will begin a transformative journey, following JOY's six philosophies and methodology and practicing effective self-coaching techniques—all at no additional cost.

This journey will empower you to use the core principles of positive psychology to shift your perspective, recognize codependent relationships, prioritize self-love, integrate mindfulness into every aspect of your life, enhance your self-awareness and emotional intelligence, acquire invaluable life skills, become an effective communicator, and embrace change with an open mind.

By the end of this part, learners will be able to:

- Identify all of JOY's philosophies and understand their relevance to your life;
- Transform old habits into new, helpful patterns;
- Overcome self-limiting beliefs that hinder your progress;
- Use positive psychology, gratitude, and affirmations to eliminate negative thoughts and emotions that can derail your life;
- Prioritize self-love and recognize your role in the drama triangle, learning how to adopt a more balanced role;
- Develop and enhance skills in the five components of emotional intelligence;
- Integrate mindfulness into your daily life and practice our five mindfulness exercises;
- Understand the stages of change and stay motivated to achieve your goals;
- Establish healthy boundaries to maintain control over your life;
- Manage your time effectively to handle important tasks without becoming overwhelmed.

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Ethics of Conduct

We know that each learner is passionate about their journey to personal growth, which is why they are enrolled in this course. As such, we expect learners to be actively engaged and committed.

Throughout the course, remember that other learners come from diverse cultures and backgrounds. Respect and regard for others are required, especially in the discussion forums.

Learners are reminded to create a safe space for others by respecting other learners' cultures, experiences, and ideas.

For Questions and Inquiries

For any questions or inquiries, please reach out to our JOY team at:

info@journey-of-you.com or call us at **+961 1 360 008** or **+961 81 360 008**

Wishing you an empowering journey of growth and resilience as you enhance your skills and well-being to provide the best care for yourself and your patients—good luck!

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