

# NEBRASKA NURSING LEADERSHIP COALITION SUMMIT

March 18, 2010

Holiday Inn

110 South 2nd Avenue

Kearney, Nebraska 308-237-5971

Target Audience – All Licensed Nurses in Nebraska

## 7 Summits: A Nurse's Quest

**Purpose:** Discuss the importance of balance, wellness, goals, attitude, potential, success and legacy as factors integral to self discovery, vision of potential and a quality lifestyle.

**Presenter:** Dr. Patrick Hickey is a Clinical Assistant Professor in the College of Nursing at the University of South Carolina. On May 24, 2007, Dr. Hickey completed the 7 Summits of the World (highest mountain on each of the 7 continents) when he stood atop Mt. Everest. In doing so, he became the first nurse in the world, and one of only 120 people in the world, to complete this "holy grail of mountaineering." He has been described by the press as "a cross between Florence Nightingale and Indiana Jones" despite his extreme fear of heights! In Dr. Hickey's new book, "7 Summits: A Nurse's Quest To Conquer Mountaineering and Life," he describes the importance of balance, wellness, goals, attitude, potential, success, and legacy.

Registration 8:15 a.m.	Objectives /Topics
9:00 – 10:25 a.m.	<b>Discuss balance in life and work</b> /Time with family and friends, involvement with community, financial and health challenges, teamwork and support system, quality of life
10:25 – 10:55 a.m.	Break
10:55 – 12:10 noon	<b>Discuss wellness in life</b> / Prioritizing wellness, exercise regimen, healthy eating, barriers to fitness, stressors
12:10 – 1:25 p.m.	Lunch & Break
1:25 – 2:40 p.m.	<b>Discuss goals and attitude in life</b> / Establishing goals, categorization and writing goals, power of goals, attitude is a choice, lateral violence
2:40 – 2:55 p.m.	break
2:55 – 4:10 p.m.	<b>Discuss potential, success, and legacy in life.</b> / Nurses potential as leaders, patient safety advocates, making a difference, touching the future, leaving a legacy
4:10 – 4:20 p.m.	<b>Evaluation</b>

Application for contact hours has been made to CNE-Net, the education division of the North Dakota Nurses Association, an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Please call Virginia Hess at Southeast Community College, 402-437-2730, for more information about contact hours.

**LODGING INFORMATION** – A block of rooms is reserved through February 17 at a rate of \$71.95 for 1-4 people in a room. When making reservations, identify that you are with the Nebraska Nursing Leadership Summit.

**REGISTRATION INFORMATION** – Registration fee -\$40 (includes lunch, breaks, and handout materials) contact LPNAN at 402-435-3551 with questions

Please Print:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Billing Information:** \_\_\_\_\_  Check Enclosed

Credit Card

Make check payable to NHCF----Mail Registration with payment to: Nursing Leadership Summit, c/o NHCF, 3900 NW 12th St., Suite 100, Lincoln, NE 68521

Registration must be received by/or postmarked March 11.

Late Fee: Any registrations after March 11 will be charged an additional \$10 late fee.

Refunds for cancellations in full before March 12 only. No refunds after March 11, 2010

Cardholder's Name (PRINT): \_\_\_\_\_

Credit Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Cardholder's Billing Address, City, State, Zip: \_\_\_\_\_

↑ Your signature on the line above will authorize this transaction.