



# CLINICIAN WELLBEING

## STATEMENT OF PURPOSE

This course addresses the need to enhance the wellbeing and resilience of healthcare professionals. Drawing upon evidence that demonstrates the impact of wellbeing on patient care quality, healthcare equity, and workforce stability, this course aims to equip healthcare professionals with the psychological capital necessary to navigate the challenges inherent in their profession. By investing in wellbeing, this course aims to promote a healthier, safer, and more sustainable healthcare system for patients and healthcare professionals.

## TARGET AUDIENCE

This program is intended for all healthcare professionals.

## DELIVERY

This program is available to healthcare facilities and individuals. It is delivered asynchronously via a combination of online learning modalities, including microlearning presentations, self-assessments, skills to practice, reflective questions, and discussion prompts.

## ENROLLMENT

To enroll, contact Nicole Weathers, University of Iowa College of Nursing, 319-335-7008 or [nicole-weathers@uiowa.edu](mailto:nicole-weathers@uiowa.edu).

## FEES AND REFUNDS

\$125 for the individual users. Healthcare facilities – please contact Nicole Weathers at 319-384-1676 or [nicole-weathers@uiowa.edu](mailto:nicole-weathers@uiowa.edu) for a price quote.

**NO REFUNDS WILL BE MADE AFTER THE PARTICIPANT HAS STARTED THE COURSE.**

## NURSING CONTACT HOURS

The University of Iowa College of Nursing is an Iowa Board of Nursing provider #1. With full-time attendance, 5.0 contact hours will be awarded. Participants will view 100% of the program content, receive an 80% or greater on review questions, and participate in all asynchronous discussion boards. Partial credit will not be given for this program.



### FACULTY

Nicole Weathers MSN, RN, NPD-BC  
Program Director  
Iowa Online Nurse Residency Program



### FACULTY

Patrick Jeffs, PhD  
Founder  
The Resiliency Solution

# OUTLINE & OBJECTIVES

## Module 1: Introduction to Wellbeing

- Identify self-care strategies.
- Practice reflection as a learning tool & self-care strategy.
- Recognize the importance of taking steps to build resiliency.

## Module 2: Self-Awareness and Self-Regulation

- Identify strategies for improving self-awareness.
- Explain approaches for self-regulating the autonomic nervous system.

## Module 3: Connection, Self-Compassion, and Optimism

- Recognize tactics for cultivating connection in healthcare.
- Demonstrate strategies for cultivating self-compassion.
- Explain habits used to cultivate optimism and enhance resilience.

## Module 4: Self-Appreciation, Engagement and Meaning

- Identify personal strengths to promote wellbeing.
- Explore engagement as a tool for improving wellbeing.
- Explain the importance of finding meaning to cultivate personal wellbeing.

## Module 5: Grit and Achievement

- Describe how to cultivate grit.
- Discuss the importance of celebrating achievement to improve wellbeing.



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Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact Nicole Weathers in advance at [nicole-weathers@uiowa.edu](mailto:nicole-weathers@uiowa.edu).



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