



Voice & Vision

THE POSSIBILITIES

OCTOBER 2, 2024
TUMWATER, WA

2024 WABON CONFERENCE

Agenda

Conference Agenda

OCTOBER 2, 2024
MC: JACOB GARCIA

7:30 - 9:00 a.m	Check In
8:00 - 9:00 a.m	Breakfast
9:00 - 9:15 a.m	Welcome
9:15 - 10:30 a.m	Keynote Speaker Donna Cardillo
10:30 - 10:45 a.m	Break
10:45 - 11:45 a.m	Support for Nurses: Managing Substance Abuse Among Health Professionals - Melissa Fraser Experience Sharing - Shayla Holcomb, Allison Wood
11:45 - 1:00 p.m	Lunch/Networking
1:00 - 2:00 p.m	Possibilities Panel: Penny Parrao-Tovar – Nursing & Social Media Quiana Daniels – Nursing Entrepreneur Lisa Summers - Healing Politics Jeremy Aaron - Nurse Delegation and Education in Assisted Living Sarah Jane Devoe
2:05 - 3:05 p.m	HeartMath - Robert Browning, Sheva Carr (Joining via Zoom)
3:05 - 3:20 p.m	Break
3:20 - 4:20 p.m	The Possibilities: Reinventing Your Nursing Practice - Jackie Levin
4:20 - 4:30 p.m	Closing
4:30 - 5:00 p.m	Booths/Networking

Keynote Speaker



Donna Cardillo

Keynote Title: *A Nursing Renaissance™: The Dawn of a New Era*

Join The Inspiration Nurse for this transformational program where she shares a roadmap for a bright and hopeful future for nursing. Donna will outline the amazing opportunities before us to create a new paradigm that will empower, enlighten, and elevate the profession to new heights. With her customary humor, animated style, and forward vision, Donna will uplift and energize to illuminate a new path for all to follow. Look out, world, here come the Nurses!

Presentation Learning Objectives:

- Strategies for personal and professional recovery, rebirth, and renewal
- Mechanisms for honoring the past while leaving behind what no longer serves us
- Techniques to become profound change agents
- Empowerment strategies that will transform your practice

Visit donnacardillo.com for more information.

Presentations

Melissa Fraser

Presentation Title:
*Substance abuse among
health professionals*

Learning Objectives:

- Participants will be able to recognize substance use disorder (SUD) as a chronic, progressive illness with biologic, psychologic and environmental components.
- Participants will be able to identify at least three risk factors for SUD among health professionals and three signs of impairment in the workplace.
- Participants will be able to reference mandatory reporting requirements and identify the primary routes of entry into a substance abuse monitoring program.
- Participants will be able to identify the four state approved alternative to discipline substance abuse monitoring programs and at least three primary program components.

Experience Sharing: Shayla Holcomb & Allison Wood

Robert Browning
& Sheva Carr

Presentation Title:
HeartMath

Learning Objectives:

- For more than 30 years, HeartMath Institute has been researching the heart-brain connection and learning how the heart influences our perceptions, emotions, intuition and health.
- HeartMath® helps you tap into the power and intelligence of your heart – your heart’s intuition – which awakens you to the best version of yourself.
- It starts with each one of us. As you bring your physical, mental and emotional systems into coherent alignment, you begin to experience increased access to your heart’s intuitive guidance.
- Tuning into your heart’s wisdom creates a profound shift within that helps you approach situations with more emotional balance, compassion, clarity and personal confidence.

Presentations (cont.)

<p>Possibilities Panel</p>	<p>Featuring:</p> <ul style="list-style-type: none">• Penny Parrao-Tovar - Nursing & Social Media• Quiana Daniels - Nursing Entrepreneur, WABON Board Member• Lisa Summers: Healing Politics - Educational, non-partisan, non-profit 501(c)3 organization• Jeremy Aaron - Nurse Delegation and Education in Assisted Living <p>Panelists discuss the possibilities within the nursing license and their own experiences as entrepreneurs. Further, panelists discuss how nurses can be involved within their own practice.</p>
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<p>Jackie Levin</p> <p>Presentation Title: <i>The Possibilities: Reinventing Your Nursing Practice</i></p>	<p>Learning Objectives:</p> <ul style="list-style-type: none">• Expand what academic, leadership, and bedside nursing means to them.• Experience creative practices to open up portals of possibilities to refresh or reboot their nursing practice.• Develop a personal pathway toward reinventing themselves and/or their nursing practice. <p>While the possibilities of how and where to practice nursing are nearly endless, making a change to do something new or different can still feel daunting. But it doesn't have to be; small changes can have a bigger impact than you might think. Whether your current nursing practice needs a simple refresh or you feel the need for a full reboot, Jackie Levin will introduce you to concepts and creative practices designed to open of possibilities along with the practical next steps to get there to further ignite your life and practice for years to come.</p>
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