

## Mentorship: A Forum for Professional Growth and Reflective Practice

**Date:** Friday, September 26, 2014

**Time:** 8:30 a.m. – 3:30 p.m.

**Location:** NJHA Conference and Event Center, 760 Alexander Road, Princeton, NJ 08543

**Fee:** \$100 per person

**Sponsored by:** Organization of Nurse Executives, New Jersey

### PROGRAM DESCRIPTION:

This is a didactic session with content and experiential learning on setting realistic expectations, selecting a mentor, building relationships, being purposeful and positive, increasing self-awareness, using reflective practice and the power of questions. Opportunities to meet and get to know potential mentors and mentees will be provided throughout the day.

Participants in this program will be able to:

- Identify the qualities and connections that lead to mentor-mentee relationship
- Discuss the importance of self-awareness
- Assess your ability to do self-reflection
- State the importance of relationships
- Demonstrate the effective use of questions to build the mentor-mentee relationship.
- Relate experience in ONE NJ Mentorship Program.

### WHO SHOULD ATTEND:

Nurse managers, staff nurses, chief nursing officers, vice presidents, assistant vice presidents, directors, new ONE NJ mentors and mentees, university deans.

### CONTINUING EDUCATION CREDITS:

HRET-NJHA is an approved provider of continuing education by the New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. P#131-5/11-14.

This activity provides 5.0 contact hours.

There are no conflicts of interest, sponsorship, or financial/commercial support being supplied for this activity. Accredited status does not imply endorsement by the provider or American Nurses Credentialing Center's Commission on Accreditation of any commercial products displayed in conjunction with an activity.

**DISCLOSURE INFORMATION:** Full disclosure will be provided at the educational activity

### FACULTY:

**Karren Kowalski, PhD, RN, NEA-BC, FAAN**  
President and CEO  
Colorado Center for Nursing Excellence

An allied member of  
the New Jersey  
Hospital Association



### REGISTRATION INFORMATION

*(Includes continental breakfast, lunch and materials)*

**Fees:** **ONE NJ Members:** \$100 per person (ONENJ Membership is on an individual basis, not by organization. Please email [kjackson@njha.com](mailto:kjackson@njha.com) to verify status.)

**Non-Members:** \$100 per person

- **IMPORTANT:** Registration form **must** be included with the mailed check payment in order for the money to be applied to your registration. Please also fax a copy of your registration form to 609-275-4271 **prior** to sending with check payment in mail. This will ensure a seat is reserved for you in the event the mail is delayed.
- Payment by credit card or check is required along with this registration form in order to be registered. **Faxed copies of check will not be accepted.**

*For more information, or if you have a disability and need special accommodation, please call 609-275-4180.*

**Make checks payable to:** ONE/NJ

**Mail to:** ONE/NJ  
P.O. Box 6066  
Bellmawr, NJ 08099

**Cancellation Policy:** Cancellations **must** be received by **Friday, September 19<sup>th</sup>**. Cancellations received after Sept. 19 **will not be eligible** for a refund.

- Cancellations will receive a refund minus a \$40 per person service fee.
- Registrants unable to attend may send an alternate. For a complete overview of our cancellation policy, please visit our website.
- No confirmation will be sent.
- For brochures or a calendar of upcoming seminars go to <http://www.njha.com/education/>



**PROGRAM SCHEDULE**

8:30 a.m.	<i>Registration &amp; Continental Breakfast</i>		<i>Assess Your Ability to do Self Reflection</i>
8:45	<i>Welcome</i>		(A 15 minute stretch break will be provided during the morning session)
	<b>Patricia Steingall, RN, MS, NE-BC</b> Chief Nursing Officer and Vice President, Patient Care Services Hunterdon Medical Center President, ONE NJ	12:30 p.m.	<i>Networking luncheon</i>
	<i>Overview</i>	1:30 – 3:00	<b>The Power of Mentoring (cont'd)</b> <i>Understand the Importance of Relationships</i> <i>Demonstrate the Effective Use of Questions to Build the Mentor-Mentee Relationship</i>
	<b>Maria Brennan, DNP, RN, CPHQ</b> Vice President & Chief Nursing Officer St. Joseph's Regional Medical Center President elect, ONE NJ	3:00	<i>Reflections from ONE NJ Mentorship Program Members</i>
9:15 – 12:30	<b>The Power of Mentoring</b>		<b>Bettyann Kempin, MS-HCM, NP-C, NE-BC</b> Assistant Vice President, Medical Surgical Services The Valley Hospital
	<b>Karren Kowalski, PhD, RN, NEA-BC, FAAN</b> President and CEO Colorado Center for Nursing Excellence	3:30	<i>Closing</i>
	<i>The Qualities and Connections that Lead to Mentor-Mentee Relationships</i> <i>The Importance of Self Awareness</i>	3:35 p.m.	<b>Maria Brennan, DNP, RN, CPHQ</b> Program evaluations/adjournment

*In the event of inclement or questionable weather conditions, please call 609 275-4140 for meeting information*

To register online with a credit card please go to  
<http://www.njha.com/education/>

Registration information on reverse side of this form

**REGISTRATION** (Please Type or Print Clearly)

Seminar # 1423B (ONE NJ Mentorship)  
Fee: \$100 per person

Name (as it should appear on badge) \_\_\_\_\_

Title \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

E-mail address \_\_\_\_\_

Hospital/Firm \_\_\_\_\_

Street \_\_\_\_\_

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

**METHOD OF PAYMENT**

AMOUNT: \$ \_\_\_\_\_

Check  MasterCard  VISA  Amex

Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Print Name (as it appears on card) \_\_\_\_\_

Signature \_\_\_\_\_

**Cardholder's billing address (if different)**

Name \_\_\_\_\_

Address \_\_\_\_\_

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