



Fall 2020 – Wed, 5:00-7:00 p.m.

Online – Weekly Zoom Classes

## Leading with Presence

2-3 credit hours\*

Open to all U.Va. graduate students, plus advanced undergrad & visiting students

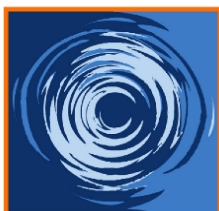
\*2 credit course. Optional: 1 extra credit of independent study (NURS 4993 or GNUR 6993)

LEADING WITH PRESENCE IN HEALTHCARE (GNUR 5030) is for current & future healthcare leaders who want to be more mindful, compassionate & effective.

- Understand that credible & authentic leadership develops from the inside out
- Learn how unregulated reactions to stress undermine your ability to perform & lead effectively
- Grow your resilience through practices derived from mindfulness, yoga & acting
- Translate skillful self-management into effective leadership communication
- Become a role model who can grow trusting relationships with work colleagues, create psychological safety in a team, & influence others to achieve meaningful results

Topics include: challenges to & advantages of compassionate care; the self-other care balance; adapting your communication style; handling difficult conversations; making inclusion the norm; influencing the collective attention of your team; creating healthy work environments that deliver high-quality patient care

Lead from wherever you are. No formal leadership title necessary, but some professional work experience is helpful. The optional independent study is for building a contemplative practice to support your learning goals.



Compassionate  
Care Initiative  
 UVA NURSING

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