

HARMONIZING *the* CARE

Explorations of your well-being as a nurse

A VIRTUAL INTERACTIVE WORKSHOP

Friday, June 27

Registration 11:45 am

Program 12-1:30 pm



Feeling burned out? As caregivers, we dedicate our energy to others, often placing our own wellbeing on the back burner.

This interactive workshop is designed to help you reconnect with who you are and explore what it means to care for YOURSELF as a whole person. We will examine self-care through a holistic lens, bringing clarity to the interconnectedness of personal and professional wellbeing.

Through guided reflections and discussion, we'll navigate the challenges that you face both on and off the clock. You'll build awareness and learn sustainable strategies that support your physical health, mental clarity, and emotional fulfillment, so you can better understand and advocate for your needs.

Join us in this space of support and growth, so you can find harmony in the care you give and thrive in your life as a nurse.

Target Audience

Registered Nurses, Advanced Practice Registered Nurses, Licensed Practical Nurses, Medical Assistants

Featured Speaker

Abby Kent, BSN, RN, NC-BC

Holistic Wellness Coach & Registered Nurse
Abby Kent Coaching, PLLC
Raleigh, NC



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CELEBRATING 50 YEARS
WAKE AHEC
PART OF NC AHEC

About Abby Kent, BSN, RN, NC-BC



Abby is a Board-Certified Nurse Coach & Entrepreneur with 14 years of unique nursing experience spanning law enforcement medicine, hospital-based care, clinic management, and cardiology. Her journey into holistic coaching emerged after years of navigating the intensity, beauty, and burnout of clinical care. Becoming a Holistic Wellness Coach was a natural evolution—driven by her own need to come off autopilot, slow down, and reconnect with her purpose of serving others.

In her private practice, Abby is committed to empowering individuals to take ownership of their health and well-being so they can move forward and thrive. She partners 1:1 with clients to uncover root causes and create sustainable, meaningful shifts that have lasting impact on their lives.

Learning Objectives

At the conclusion of this educational activity, the participant should be able to:

- Describe the relationship between your personal and professional well-being.
- Explain what it means to care for yourself holistically.
- Create an action plan to support your physical, mental, and emotional health.

Credit

Contact Hours: Wake AHEC will provide up to 1.5 Contact Hours to participants.

A participant must attend 100% of the program to receive credit. Partial credit will not be awarded.

1.5 Nursing Contact Hours

Wake Area Health Education Center (AHEC) Nursing Education is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Registration Fee

- **Early Fee** \$25; after June 13, 2025: \$35. Vouchers will be accepted.
- Fee will include online handouts/online certificate of completion.
- Attendance at this activity grants permission for Wake AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

Cancellations and Refunds Registrants cancelling between two weeks and five full business days prior to the first day of the event are refunded at 70% of the registration fee (minimum \$25 cancellation fee). No refunds or credits will be given for cancellations received after five full business days prior to the event.

ADA Statement

Visit wakeahec.org for our ADA Statement.

Questions? Contact Brynne Spence at 919-350-0462 or bspence@wakeahec.org



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