

HARMONIZING *the* CARE

Winter Reset

A VIRTUAL INTERACTIVE WORKSHOP

Tuesday, December 9

Zoom Registration 6:20 pm

Program 6:30 to 8 pm

This time of year can stir up both joy and strain – especially for caregivers balancing long shifts, family expectations, and the demands of patient care. This 90-minute interactive workshop invites you to pause, reflect, and reconnect with what truly matters in this season of life and work. Together, we'll create space to explore self-care, boundaries, connection, and what it means to feel enough in your life.

Through guided reflection and open conversation with fellow nurses, you'll gain clarity on how mindset shapes your reality, release what no longer serves you, and open space for the things that do. Join us in early December for an evening of renewal that honors both the challenges and possibilities of this time of year- so you can step forward feeling grounded, worthy, and whole.

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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WAKE AHEC
PART OF NC AHEC

RECRUIT
TRAIN
RETAIN

About Abby Kent, BSN, RN, NC-BC



Abby is a Board-Certified Nurse Coach whose 14-year nursing journey has carried her through the intensity, beauty, and challenges of clinical care. Like so many nurses, she knows what it feels like to give so much of yourself to others that your own well-being slips to the bottom of the priority list.

Her path into holistic coaching grew out of her own need to step off autopilot, slow down, and reconnect with her own authenticity. Now, Abby partners with nurses and other big-hearted professionals who are ready to shift out of survival mode and into lives that feel more fulfilling, aligned, and true. She helps them restore their energy, honor what matters most, take empowered steps forward, and thrive- both on and off the clock.

Learning Objectives

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

- Describe what self-care you need in this season of life and work.
- Explore how mindset and boundaries shape your sense of value and connection.
- Identify practices that support your physical, emotional, and spiritual well-being.

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

- **Fee** \$25. 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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