Se f Compass ion raining for Doctor of Nurs ing Practice Students

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Se f Compassion raining for Doctor of Nursing Practice Students

ggi j bg l d b i bgi b Dj k e jkd ij i j eUk i b j bh k bge bj ij Dh d bg j h Dbid k j bjgb E k i kj bj bibg eg j j bjk j F e jkd ij i j eUk i b j U bh k id j j Dbcbid i i j bh j bdkbj i gf j jbgED E j m b l bdkbj i mj h b k eck i kjD bj ij kj h b mi j c eg kbgj j jbgED EW eb j ijb bj gb j e jki j J e bggD g i dk bj iEW b h ej j j d h i jbj j e b cgj bid æ j l i eb e k d ge h b i g i jb i i bh ij b U bh g bj d i i j i T i i jbE

Pro em Identification and vai a e no edge

W i jjkj e P bgi b h l h ij j d ck i kj i bgi b e ibg i bjl g h b j j l bgg bj ij n i i jjkj eP bgi b h l h ij P D E k i kjbæ j k j ij eik d h bi jbgED EUk mj ck i kjm El j h h gf g j g bl bj ij mj kji b b h b d j i k bj e d i j m f j jbgED E k i kji bjl g iegk i kj h c dk i bj ij be j D kbgj e b Dik i dk j l j Dbid bj ij bj eb j i P D J ki jbgED E j i j ck i kjg bd j h h ec j bgbid h ijbg bgi eh d bg m f U æ jbgED E bh j b i ge h b i j i k mggh j bj ck i kjD h l j h bib h ijbid id jg h l bj ij kj h U æ jbgED E

ac ground to t e Pro em

U jkd ij b ck d i d c j mj i bid c id j c kid ej b bd h bh k b d b ic mD E k i j d ik ijbgmj i j jDb h bi U jkd ij ijik m f i i j j ik i b m g bjj i d i bdkbj gE g h bib i d h bid i k m fDm f i jkd ij bg eb

h g h ij gbj d bdl l ij Dik i jb Ddee kgj bj ij b ih ij Dd k jl bid ki d jbcg bi Dbid bgg bid h j ibgg d h bid i dkj gf j jbgED JW h b O giD E U jkd ij bg bl ibgge gbj d i c gj bid h h jh ij k b d b i c mD EO bd h i c gj kee mj i b i d h bid bgg i i d bgjh h bib h ijE k i kjbid h ijbg bgj dk j kbgj e ije b D dk b bd h dk j l j Dbid i b bjj j i i bdkbj bh Ub jbgED EOdd i ck i kj i U jkd ij mggjbf gb bjj h j h g l gDb jkd ij mggc bdd d i b k bj j bi id l dkbgg E

Pro em Scope

k i kj b h b cg h d jg bid bk idb dbh b m ggE j i bj l g h b j bj ij kj h j jbgED bid b bj d mj bgbid h ijbg bgj i bgj b e ibg U ee jbgED E U bh eb kgj h k j c ie h d j bj bjg b j bge ej jkd ij bl b j ejbkh bD i bi bdd j ibg f eck i kj dk j i b d gf g d eh bgbdb j l i f gg k b d b ic mD E k e ck i kj h k j c bdd d b i b cg mj i j U bh j i k jkd ij bl i b f gg j h cbjj i bj l ee j ei b i j E b g ij l ij i e j mj f eck i kj h l bgj kj h e b l Pb D E

Pro em Conse uences

W ibc gj j h bi b j g bd j U jkd ij ck i kjD bc jb i h ijbg bgj E i b jkd e l bgki l j i j i j d jbj bid bi bdb k j FF k jj bgj b gbj d bdkbj bh Ub jbgED EO j i i gD EF e bdkbj jkd ij h j b i j bid jbj j bgT bikbg eT ijbg d Hj dj iD T H j b e b h ijbg bgj d b i Ub jbgED ET ijbg bgj d d b d kcg d i bgj b bdkbj bh h b dj j i bg kcg E

P bgj b l d ck i kj idbi bj ij E i h j ibg n bk j i b j iD bgj b l d b eb h gf g j d kh bi o j bj ij d h bi jbgED E

i ld gbf i bj ij b khbiD gi bgkd h iji b E ki kjh j hh ig j bj i bj ij bej bid i b h jbgj bj ki jbgED E P jbgb k d ie j i i b ikij mj bh kij e jbeeck i kjE ki kj i bgj b m f dk kbgj e bj ij b Di b h d bj i Di b ie j i bj bid dk bj ijd bj ebo j i bgg b jbgED E

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b jggi d dj ld i j i l iji bdkbj bh bjj j i Ub jbgED E jkd ijd bjk kgdid bj b cgh ej bh bid bi idldkbg jkd ij gm g i EEj ki g b eh ijbgbid bg bgj cgh e h h b iebj k b h kid d mj i b d j gbj dj c i ib bdkbj bh k b d bic mD EOg Di U b bj i j kifi mi egl g e ck i kjbid h b iebj k bi k b d bic mD EW b b gbj dj ck i kj ej igbf ij i c bi obj i E

ge b bid ge h b i b ej i ib bj g l m db bli j bh d ei j i U ee jbgED E ge b m ggfi mi bid hh ig h j d i gg bid jbg i gkd j h k b n Dg Dbid h gbE em b j lj e ge b bi b i bjj c d d ckj ge h b iDk b fidi bid ii j i j gED bi c b j d bjbi jh U ee jbgED E

Proposed So ution

g i b k j i gk i e ge h b i cb d g i bh ij i k i dk bj i OO UD JU ee jbgED JW hb O giD EO g i bid j hbib h ij bh h g h ij d bjb gbo jbge i m bdkbj ik ekidj mb i bi d ibgbid e ibgd l g h ij b f jbgED EU m ik m c jj k dj hbi i j h h ijbide k i j bgd jb g c kjgoi hidekgj jbj E i b jkd j bj h g h ij d ge h b i b b g i j i k bgj b e ibg n i d i b d ge b b j lj Di b d b jjkd j

hbi h b ibj dk i jh e j Dbid j d dk d e gi eck i kj U æ j bgD E k j h Dj Oh bi O bj i e gg eUk i OO UD l d j h j i e U bid bj d b j d h bi m e k i ibg d l g h ijbid i gkd g i E b g ij l ij i e j bj f eck i kjDj k b j l j e ge b bid ge h b iDh l bgj kj h Pb D EW jmggh g h ijbi dk bj ibg bh cb d i ge h b i j i b g i i U jkd ij E

PIC uestion

i j d ik i bdkbj gD m d h g h iji b ge h b i j b i i bh h b d j gb f ejb i i bæ j g i bid k ekg h g j i ed j bg bh N

iterature evie Process

W e gg mi b i i m k dj eid l m d b j g UOPSD D g gb DD U bid kcT dER m d b i gkd d j d ik bdkbj jkd ij ebj k ck i kj j h bi b h ij ik i b m gg b g i j b i i bid ge h b i j b i i EW b kgj d i l lDH bj g D j h b j em m e kid i g gb EOj g m gh i bj d cb d i g l bi bid bl i c i m jj i l el b b EOc j b j m bd j ekj g l bi EOj g j bj m i gkd d l bj bc j b j m j i j k g l m d e kbgj D j i j Dbid g l bi E

iterature atri a e

i gkd d i j d kh ij b gj bjk h bj n j bcg Dg bj d be j j e i g j b O i d n OEW h bj n j bcg bgg m dbj bj c bj o d bid d i j e j h EW j bcg bg d gb j k b h e i j i d d b D jkd d i bid g l g e l d i D bh g b b j j Dh j d Dl b bcg bid kj h EOi h j bij j i i j j h g bj i e b j Db j j i m gg k d bi j b j E

iterature S nt esis

Oggbj g m l m d e j g l g e l d i k i j T gi f i kj l gi h d g i i jbj i l j S c b D ES l g l d i b d d b j j i jbi d h j gbcg ES l g i gkd j h bj l m e bi d h o d i j gj bg bi d gi bg b j k d gi D ES l g i gkd l d i e h bj g b j i bi d h o d i j ggd j bg ES l g i gkd i j ggd j bg mj kj bi d h obj i bi d kb n h i jbg jkd ES l g i gkd jkd e h b i j g j jkd ES l g i gkd l d i e h kbgjbj l d j l j h bj l m D ES l g i gkd l d i e h b i g d j l jkd ES l g bi n j i i D EW h d gmb k d b j mb bj d e l d i cb d i k i b j EW b i gkd d g l g D D Dbi d E

i j egj bjk i b i j U j Db j ki j gbj d j h b d ee i j k e l d i bl D l E l bgj h h d j k j i j egj bjk gbj d j g i U bh h k j jbf b j h b b j h j bj i ck i kj bi d i b i g i bf j bgED J ki j bgED J Ub j bgED J gf j j bgED D b j bj i i b d j bg bh mggi b j bi d gf g d eck i kj k b d bi c mD J Ub j bgED J gf j j bgED Dbi d g i bg bi d bf j bgED J j j bgED J ki j bgED J U ee j bgED J W h b O giD EO ei bgj h j bj h d mb j h j bi e i i j i bi d bg k j b d i j bgED J gf j j bgED E g i j bi i Db m ggb b e gi e i i j i mj i i bg bh i l i h i j Di b gf g d e k ekg bh h g j i bi d d b ck i kjE

rgani ationa Pro ect Information

W j j j i mggjbf gb bj b l bj gg i b bdkbj i k i bh i i j i T i i jbE i j U bh b c d bh bi d j e j jm b b

ij g igi Dj i mggbg jbf gb igi EW j b i i bid k l mggc bdh i j d l b o h bid h b gD jl gE

W f i i j j b bdkbj i k i d b jh ij eb o kgj D ER i o Rg l iDbid n i d i g i j b i i EW eb o kgj i mggbg b j b b j h ij e g i bh j b i i E mggb j i bdd i j ijbgcb j h g h iji ge h b i g i j b i i E

W h b jbf gd l b U jkd ij D U eb o kgj Dj d j ej U bh Dbid bj ij E U jkd ij bl bl j d ij j i j jc bk j mgg l j g e g i dk i b jh ei b d j k b d bic mD E jkd ij mggc bcg j b g g i j g j k ij dk bj iDb m ggb j k ijbid ekjk b j U æ jbgD E jkd ij eki j i h b ig b bj bij Dckjbg l b g h d g e eggm jkd ij E b kgj c i ejb g ij jkd ij b gf g j dk kbgj b bd h m fDi b i c bj eb o j i Ub jbgD EW g eb o kgj mggc j i k b jkd ij bj bj i i j dk j i bid g i j b i i EW d j ej U bh c i ej b b j i jkd ij c d j bi gbj ij b j i bh ESb jD bj ij b bhb D nj ibg jbf gd l E bj ij c i ejeh b l d d c g g ijik bid l d E

j b j bij mggi gkd bi jkd ij j bj bj ej e j b U jE bj bij mggc i gkd d b dg eb D id D bgj j b fJ g i b j bl c i b j d ij j U bh E b kgj mj i j U bh mggbg bl bi jki j j bj bj i gl i ckjmggi j c k dj egg kj k j i i b E Oi i kj d ej U bh mggc n gkd d e h bj bj i E

e ap na sis

O b bibg ej U bh b c i i gkd d j d h i j bj j k ij jbj D j d bg jbj Dbid m bj i d d j c d j b EW b bibg jbcg i gkd d kid b id b O id n EW jbcg bgg m e k f d ije bj i ej h ij b bibg E

k ijgD jkd ij bid j ijbgg eb kgi d i jkid jbidj lbgk e g i jbii EP g i mj gmgl g eck i kj id mj h l db bd h b l h ijbid kgihbj g h l d bj ij kj h E g i i b k ijg æ dbjj gg ckj jkd ijbjj idbi bd D h jh gmEP bgi b l ej i m fgg b i e j ckjgb f jh bg fgg ij mi ibg bgi bid g i U æ jbgED EW g i jbii i l d j jki j e U jkd ij j g b i lbgkbcg f gg j bj mggh j bj j gbj d j b bd h D ibg i i Dbid b E

W d dDd bg jbj mgg mj bj jkd ij kid jbidj lbgk e g i jbii b jbæ j j bgi e jkd ij bid bj ij E jkd ij mgg bl i b d bjj idbi j g i jbii D j ibh ii l ii iEWm ijh b jbii db j b hh dbj j m f i jkd ijE i mggi jc d db j id ii j ij j bh bid bj bij lb E j i b dbjj idbi Dj m kgdj j bgg c bj ij b j i c jm i jkd ij E b kgi h b bg i k b jkd ij j bjj id g i jbii i E g i jbii mggbgg m jkd ij j j l bh i jjh e j U æ jbgED E

i d j c d j b D U jkd ij mggc l i j jki j j bjj id g i jbii j ij h ii l ii e b jbii db E jkd ij mggbg l dj j mb dj gi bg k g j j d h bi eOO U ijbg j l d i ijl e bjj idbi EW c f *elf Care for e and tudent urses* mggc k db b kd e jbii i E jkd ij m kgdi j c k dj k b j c fE

Needs ssessment

Oi bi obj ibgi d b h ijmb idk j dj d ije b b j bj kgdc i ej e h bi E bi mj i j U bh i dj jbf gb j b j bg e i b i jkd ij g i EW e jb bi jbji h l h ij ekid i j gg h b i m c j e j U bh EW bh m c b e jl jkd ij i gkd j

kjdbj dOO U ijbg e U dk bj i W gg e jE gb j b D E P m l Dj U m c b c j bdkbj i k i d b jh ij i gkd j k dbj d OO U ijbg i gkdi d h bi W gg e jE gb j b bdkbj Uk i bjh ij U D EW b hk jc i j i j i j ij ijE i j gg h bi m c b d i j bl b d jgi f j j bdkbj i k i bh m c j D ie h bj i kgdc k dbj dj eg jj U bh bj kid j i m ijbg E W k dbj j j h bi m c b ijbgj j jDb j k dbj dOO U ijbg bgg e ibgd l g h ij i gkdi d l g h ij e g i OO UD E l g h ij e g i i mbi n jbj i e jkd ij EW bj ji d e U jkd ij j b j g i i mj b EW bdkbj i k i d b jh ij b b gb g gbc g d j i d l j dj g i J m l Dbjj jh i b i j i gkd d U D EW b i i b k ijg i j d d dk j j ibgibjk ed k i Db m ggb j gb f e ii j i mj e gg m jkd ij Rgl iD ibg h h ki bj iD j c D EW jm ggbdd j c i b i j ikhc ejbi i i db j b h h dbj jkd ij dkg E

S na sis

O Wbibg bgg m e b g b d gb ebi bi obj i j i j Dm bfi D jki j bi dj bj bl D l E O W bj g j d i j b id Dkid b idn E j i j e j bi obj i g i j bi i e U jkd ij i j ebgg e D k jl eb kgj bj e j g i Db m gg jbcg d U bh j bjh bijbi k ij jbi db d b di j j OO UDb U bh m c b j bj ee k dbi i gi bg n i bi d gi bg jDb k e i dg U bh m c b Db egncg bh j bgg m jkd ijj ijik j m fDbi d j i e ibg h bh i jkd ij bi d eb kgj U D E bfi j j bh i gkd g i j bi i i b kiblb gbcg e jkd ij kibcg j bjj i dDj bi i jb j d mj j j i d bji j bj j b h dlbgkbcg j g Dbi d b gb f e gb j e n jbj i m b c i

ekidj dk g i i jkd ij k b d bic mD JRgl iD ibg

hhki bj iD j c D E jkij n je j bi obj i bdl j i

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jkd ij k j l j bjekj i b g i k b h ijbg bgi l Dbid

m b i m gg jbcg d gi bg b ji b j mggd b j ijbg j

k kidi gi bg gb h ijEW bj j j bi obj i i gkd kjdbj d U ijbg i

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bcgj j dk b d d kj h E kd h ij e i ge ee b bi c bgi d

i bi dEW b e k d j h ibij e ibg ge ee b ibg n i Dl b k

n i g h d gi Dl cbg kb iDbid g bge dcb f h j S D

E ge ee b b g b g dj ik i b gbj dj h l i bgi h ji

c bl Dk b g i E

W bi j j bjmggc b g d j eek i e i i lbj i c l jj E

W j k iH jb b l f jbgD EW e j jb fi mg d ERi mg d

k m i bi obj i b h bd bmb ebi i i lbj i j bj kgdc bd j dEW jb

i gkd b h ijbid bibg ej d bi EW id jb kb iE

kb i jbf gb m i bjjjkd c h h b ji e bi E i j j d

jb Dj k m i j g bd ebi bi obj i j b l d gi j i i lbj iE

jb e k h g h ijbj iDm i j bi jg bd j d bid kjj b j ESb jD

j eej jb ie h bj iE ie h bj i k m i j bi obj i f j ekj

jbcg j ij bi bid h b l d ekj gb e bj i bid dk bj i b di j

bi EW jb d j h i ej bi mb k ekgbid m j j æ j b l f j bgD E

eor pp ication e ations ip

i b d ge h b iDbgbi d fggDkgihbj g h l g i U æ jbgD E j i ge æ b bg bgbi d fgg c g ej bj bi c j i j i d bi jbgD E jgoi j d j h ibij e ibgkd h ij e ge æ b Djkd ij i j U bh mggc jbk j j d l g ge æ b E d bmi k i ibg k D k e D ge h b i g i jbi i Dbidj bc gj j jk i j b bgh jbj bej b j ekg l ijDjkd ij c g ei k ekg h g j i ej U bh mggi b E æk i e i i lbj i mggc b g de ggmi j j g j dE Ri mgd j U bh d j bideb kgi mggc h bd bmb ej i j j c i g i jbi i i j kh h De e j b jkd ij E kb i j U bh mggc h ie h d bc kj j i j e g i jbi i mj b g ij l ij iEW cg h b bj d mj ck i kjd gb j i d e ik j bi g j dk bj i bid k jDb j l d g j b EF i j bd ej U bh m kgdb l d i h g h ijbj i eb g i bh e e j b bd jkd ij Dc i i i i j kh h e E h g h ijbj i b g i bh h g h ij dEH ie h bj i j k D U bh d j Deb kgi bid h ge m kgdd d ej bi m j j æ jbid e g i jbi i kgdc h b h bi jb i j bh E

Pro ect oa and ission

W l bgg bg ej j j lbgkbj j æ jl i bid e b c gj ei gkd i ge h b i jbi i j h l g i ij j U bh bf jbgD EW l ie j j h g h iji ge h b i cb d g i j i k b b h bi ijenjk j j U bh EW h i ej j j d gl bi æ jl bid lbgkbcg ge h b i cb d g i jbi i bh j bjmggi b jkd ij bc gj j

bdb jbid l bej jh ei b d j U æ jbgD EW bgbid h i mgg i k j bj jkd ij b l ibgd l g h ijm g i j U bh E

jj h c jl hk jc h jj i k bgb l h ijEW e j c jl mggc gbj d j ge h b i j i b g i e U jkd ij bjb gg i i j i T ii jb c bjg b j i ijk i j ge h b i bg j h c Ok k j U æ jbgD EW id c jl mggbg c gbj d j ge h b i i jkd ij mgg bl b d b i ge h b i k i j ge h b i bg j h c Ok k j U æ jbgD EW gb j c jl j i b e gi e h idekgi D ge h b iDbid ied i i g i jb i i U jkd ij i i j i T ii jbj k b ge j d k l c Ok k j U æ jbgD EW ge h b i bg bid i i kl mggc h b k djm D i i T b D bid i i Ok k j E

antt C art

O bijj bjb j j d l g h g j i ej jmj bjh gi E h jb f bi c h gj d i ki iDm g j mgg bl j c h gj d i b k ijbg d b b i i b fD EO bijj bj i gkd d i j b id EO id n d gb jb f h gj de j j i g bg d E

or rea do n Structure

O id n d gb j m f c bfd mi jk jk e j jE f c bfd mi jk jk bgg me gbi i i e j b b i i b fD EW m f c bfd mi jk jk bi o j c h g j i Dj i c jb f j bjmggb jj h gj b h g j i ET g j i e j j i gkd b D bi obj ibgi d b h ijD ij l ij i ge h b i jbi i Dh b k h ijbid lbgkbj iE jmb i b j jb j mj b b j e jh g j i b j j e kidbj i ej ij jE

Communication atri

O h h ki bj i h bj n b c i i gkd d j d gb j gbi e h h ki bj i mj jbf gd D j b bi d j h i j O i d n EW j b bi d h j bj g b j j j h h j j i k bggi b j h j h g j j j b i gkd dE W j h i j bi d bd j h j h h ki bj i EW j h i j bg b h b jbf gd Db k i jg i dk j g i j b i i bi d bi n j i j b j E jkd i j mgg bl j j b i i i l b o h Dbi d mgg l h i d e i j j h dk i j h j l b h b gEW d j ej U bh bi d h j i dk i gbi i i jb j i k j j i bg i h i j mj OO U i j bg bi d U bh l bgk EW m gbi j h j mj j d j ej U bh Dckj kj d e l i j d e gg m k E

ogic ode

O g h d g b c i i gkd d j d h i j bj i j i d d kj h bi d h b j ej j O i d n E i kj i gkd d gbj j j k j bj b i d d b b i i b f D EW h b k i d d j U b bi d eb kgi k j e ge h b i j b i i j i b jkd i j g i EU njDj h k j c jkd i j ck i b j b j h b jbf gd Dbi d j j kgi h bj g e j c i ejEW j h i j b f k b bi n j bi d mggb j i d i j e i j i j bg cg h cb mj h g j i ej jESb jD h i jbg bgi l mggbg c b f k e jkd i j m h b k bdd j i bg k j dk i j h e j E

W i nj j i i j g h d g i gkd b j l j ej jEO j l j i gkd d l g h i j j b j i j i d d kj h b b i i b f D EO j l j i l gl d b b i l d i cb d ge h b i bh D ge h b i bh d l g h i j bi d j h h ki bj i E kj kj d gb h h d bj j kgi b b i i b f D D k b jkd i j b j bj i i ge h b i j b i i E kj h j b h b k bcg j kgi b b i i b f D EW mggi gkd jkd i j d h i j bj i e ee j l j h bi b h i jDbi d U bh jkd i j j i j i ESb jD

h b j ggk j bj j g i j h kj h e j j b b i i b fD E

g h bj g Dj bg j bj jkd i j jb i ge h b iDh idekg bid g i f gg E

W f gg j j bgg j bi gbj ij h l d bj ij kj h ki j bgD E

udget

W j k d h i h bgeibi i Dbid j j h k b d m i j bc gkj g

i b j h g h ijbj i EW m i j bi j bl g n i Db i k d l b

h E k l k d e j j m e e k bid m d h i bj d l b h bg E

bj d j b i i k e jkd i j cb d i jm m f c f *The elf Com assion or boo Practical E ercises to roach our Thou hts Emotions and ctions ith indness* i iD bid *The indful elf Com assion or boo Proven a to cce t ourself uild Inner tren th and Thrive* U ee h D D kgi i b h c i d j j bg eb n h bj g H d gg o E

et odo og and na sis

W h b b h ej j j h l g i i U jkd i j l b

ge h b i j b i i EW idb b h j i b U jkd i j bj bj i i j

bg bd n j i g i j b i i ET idekg ge h b i m gg c ij bj d i j j g i

j b i i Db ge h b i b c i mi j i b g i bidd b h j h

b bj d mj ck i kj U ee j bgD E l bgh b k m gg c jbf i i j b kij i j

h g j i ej jEO jh b k m f j b c i i gkd d i j b id

O idnP EO idnP l d b k f l m ej h b k d jb g d i j j i E

Intervention P ans

W i k j h b b h b l dD kj h h b k m gg j dEW e j

kj h h b k mb j ge h b i bg j h DO idn E b j

bgE e kid j i j kh i j j c l bgd bid gbc g j h b k ge h b i m i k i

j ekgg l j h bg EW bg e e k i l bgg bi kb D g i b j b bj

jbj i i gkd d mj j k l EW bg mb i c b d i l bgd j D gbc gj Dbid b

ek e bj bij EW je h Db j h bg Dmb k d b b h bi e dk i bj bj i ck d iE

W b i jbcg d gi bgi h e j bg Di j h egl g e ge h b i b jbgD EU h m d j h i d cb d i bl b i j jE k l m d j ckj d j jkd i j bid j ij l ij i l b h bgE jkd ij jk i d h gj d ij l ij i k l j j e jj bi i iDbid j ij l ij i k l bej j id iE k l j bj m h gj d c jkd ij ig bjj i d i i i m i gkd dE

W i nj kj h h b k mb b ge h b i j b i i lbgkbj i i i k l O i d n E d l g dj k j i j b i b i e f gg bi d j k j b i i Dbjjjkd j mb d bjj i d i i Dk ekg e i Dij i jj bj bj i ekjk g i j b i i Dbid m bj bi jkd i j m kgdlgf j i ekjk i E jkd i j m i j k j d j g bl j gp j k j i cgpif m i h gj i j k l j bjj i d i bi i E k l m d j ckj d bgi mj j ge h b i bg j hEOgg h gj d k l m i gkd d i h b k h ijE jkd i j b j h b jbf gd i j jDh bf i j i kjlbgkbcg m i i d i j d i ekjk i E

W gp j kj h h b k mb j ijb e jkd i j bjj j i i j ge h b i j b i i i EW h b k mb g j d j l e ej idb bh b c i b l dD j i b jkd i j bj bj i i g i j b i i EW kh e bj bij m gg j d i b iEOi jkd i j i j id d j bj bj i ekjk g i j b i i bh m i d dj bd j g i j b i i E jkd i j m n dd i j j i kc k i j i id bj d bjj j iE

h b k bl c i i gkd d j i k e j bl c i jbf i j i k j j h gj d b gpii dEW e j h b k mb b kij ej ikh c e jk i d e h o h i ljbj iDmj i j i j j bjj i d j iE e

c j i m ijj jkd ij j j jbj ej h j Dj bggmbd kbj jh j

gbie bjj idbi EW mb h b k d i EU njDj b jkbgikhc e b j bij mb

gg j djm D i dk i b iEOgg jkd ij m i gkd d i j kijEW

h b k bl i j em bj b j bj i ikhc j n j i j ekjk EW b jkbgikhc

eekgg h g j d k l mb kij dEW k djm D i ij l ij i bid i

j i j l ij iEW h b k e dj ijb e jkd ij j bj h g j k l E

Sb jDj j jbgikhc eh ikj mb b dE ig h ikj dk i jb i i i m

i gkd dEWh bggjj d e jb i i bi j ic b bj g bdk j d e ekjk g i

jb i i i E

W gb j h b k j cbgbi i h b k EW jb i i i n jj k j

jkd ij g i bid j hbib h ijE bgbi h b k i k h l h ij jbf gb

mj kj bk i id bi i bi j b bE jkd ij m b f d l bj i i k l

ebjj idi ge h b i i m d ee kgjj b hh dbj id djh j mb d

b bd h EOi jkd ijj bj id bj d j b b i d mggc i gkd d e j h b k E

eturn on Investment

W jk i i il jh ij bi c bgkgbj d e j jE l bg

ge h b i h idekgj jb i i i igi jc jm i HbidF d ggb bi k

jkd ij ij e Tidekg ge h b iD J ijkh Tidekgj DiEdEEW

i b k kbgg l bg k gi Dbid k fg c h kj jgE e jkd ij e h j

jbjj idjm i Dj eibi bg jlbgk mggc jh bj d bj DH EW

b kij e jkd ij D l i F k ejb i i Dbj EH EW j b c i

dk d mj kjbi jbi cg j jE k l b e Dj jh ij bid

l gkij djh bid jkd ij bj bj d i b l gkijb cb E b d i b l b jbj bgb

bidjh ij i jb i i D j jm kgdc e jkd ij UDbid e h ij U

i dcg P bgj D JUk i D E i j egg mi kbj iD

DH F F n Dj ej j F EH E kgdb bj ikhc e jkd ij bj bj Dj ijb mggi b E

i bggi ej j j i k jkd ij bj bj iEi ijl mgggf g c i d dj i k bj bj i bid j ij i e jkd ij i g i jbi i Ej kigf g j bj g ji c i ej ejbi i mggc i k e jkd ij j ijik jbi i E i j jbf gdl U bh b D EP i i b h ijj bjjh i i bi c k d j mb d jkd ij gi bg n i k E

Statistica na sis

ge h b i jbi i mb j eh g h ijbj i i j jE h g h ijbj i kbijjbjl dbjb mb gg j d k i j ge h b i bg j hE ge h b i b bi ij l ij i b c i mi j dk i e bij æ j i ge h b i bji Dbidbd b i bj g b jbgD E k d gl d bh dk d i e bij kgj L E J H EH E Dm b idl dkbg bh bd h bgg æ j L EF J H E EHl E i b jkd j bj b d ge h b i jbi i e h d bg jkd ij Djbi i i bj d jbj bgg i e bij kgj bc i f k D E jkd ij mj ge h b i m e kidj bg bl m f i b h ij K E H bid m e kidj bl g m n bk j i K E E jkd ij mj ge j h bidgm ge h b i m e kidj bl d b dm f i b h ijbid i b d e gi e n bk j i K E J bc i f k D E

W bh k l mb k d j h g h ijbj i bid h b d e bibg E kbijjbjl dbjb mb d gb d k i d jl jbj j j d ije h bi i ekg bjj i bid gbj i ij gg jk jbj j D E jl jbj j mb j h j d ij b k bj g khh b o j dbjb gg j d bid g jj gbj i c jm i ge h b i jbi i bid kj h EW i k b k b D bj bij m b f dj e h b nd j d ije bj i ikhc j h bijbi ied ijbgj j d ije idl dkbg kgj ejbi i E

W kbgjbjl dbjb e h j i i k l mb lbgkbj dE h h i j h m nj b j d j j k j ekj j i j i kbj i e ge h b i j b i i mj i j g i bh EO b i Dj n d j d i j e bj i i kh c mb k d j g f e l d i e i d l dkbg mj E kbgjbjl dbjb mb gg j d bi d j h g h i jbj i E

I t ica Considerations

O c ed j i ej j mb l d d j W gg e jE gb j b i j jkj i bg l m b d l b j b g bj i e h EW i gb j i k j bj j j bi d m geb e kh bi b j bi j b h b i jb i d dk i b EW b g bj i i gkd d j j b h D j j ge h b i j b i i mgg i b g i D d j i e b j bi j mj b k j d Db d j i ej b j l j il gl i j b j bi j Dc i ej j j b j bi j Dd j i e j i j bg f bg i mj m f mb h i h o dDbi d h bi j j j b j bi j i ed i j bgj EW b g bj i mb b j d k i j e j kch i i b j h g h bi i O i d n R EW e gg mi b b b i gkd i e h bj i bc kj j j j bj mb kch jj d j j e l mE

W b h k ej j j i b g i i U jkd i j j k ge h b i j b i i E ge h b i j bc gj j gd i kh bi i i mb h b d U ee j bgED E g i j bc gj j l bi d bdb j bej j h e j E k i kj d ei d b b m f gbj d j j bj i l gl bgbi d h j i bg n bk j i D dk i g m bj eb j i bi d dk j l j i i m f E j d i k U h bf k j kgbj i e jkd i j i e h b g e i i Uk i U j j eUk i b j U bi d b bj bi i b d f eck i kj dk j cbgbi i ebh g Dm f bi d b bd h E ge h b i b c i mi j i b g i D ge b bi d bj i j b m f dk j l j EW m b j ge h b i j i d j bl c bj eb j i Dc jj m f e h bi bi d h l d bj i j kj h U ee j bgED EW j j bj jkd i j mgg i b g i j k d l g i ge h b i EW b kbgj

h l h ij jDb j bg bd b g i bh bjW gg e jE gb j bE
W jd i j k bi ekidi b h bj bg b e e k mj b bj jbj iE
W jji j f gb igi l b hDj k j gg e jE gb j b U
bh E jkd ij l gkijb g b j bj d i dk bj ibg i e bjk i ge h b i
f gg EW b j bij i gkd dj j ee j b U jkd ij i gg d bjW
gg e jE gb j b U bh EW ikh c e b j bij d id d ij o e
j jJj j id j c bc kjH jkd ij j Rg l iD ibg h h ki bj iD
T b D EOgg jkd ij ij jm m g h j b j bj Dbi d i jkd ij
mggc n gkd d e j bf e h b iEU jkd ij m i d dlkgi bcg EOgg
jkd ij m b ij U bh b id id ijbdkgi E jkd ij m i je d
d ij b j bji ckj b j bj d i b l gkijb cb EW h b j e jkd ij m
e h bg Db j id d h ibj j ik i e gdET bi jkd ij b jggi j m fe
bid b U EOi h b gmb ijj jkd ij j n gb ij i bid i gkd d bi il j j
i h i E b j bj i i b l gkijb cb mb n g jg ie d bi d j mb
i j ckj i e i kgdi j bjj id g i i E
O j l j il g d j dk bj ibg i k i i ge h b iE jkd ij
g b i d j gi f c jm i ge h b i bid g i i b d ibg bj eb j iD
i b d c bj eb j iDi b d bc gj j h bi b j Dbi d d b d e gi e
n bk j iDU ee j bgED E k i k j i dj jkd ij m i bj d j
i bi i jE b j bij l d jm k l Dd d i j j jb j e
j e j iDbi d j id be j j gb j iE jkd ij kch jj d j k l
bi i h k g k i g h Dmj kj bi h b g gg j iDj h b ij bi ied ij bgj E
jkd ij bj d b n d j d ij e j gb j ibh D j bj k l bi c h b d
bi d bi bg o d e bi bi E
i b jkd k i h d bg jkd ij bj bij D b d gb d b j i gb j i
c jm i d l g d ge h b i bid i b h ij i j m fe Db m gg b

d b i e gi e n bk j i bc i f k D Ei i j b jDj mj

ge j h bd d b d i b h i j bi d i b d g l g e n bk j i Ei bi j jkd

c U æ j bgED D bgi b e i bg m h l dj ge h b i bd h

e k i j ge b b j l j kj d em f bi d m e ki d j bl i b d h b i e

bj i j E i j jkd Dj mb b kh d j bj ge h b i m kgd l d c i ej j

jkd i j Jj k i b i j g i bi d gf g d e h l d ge b Db m ggb

j k h j bj i j Dbi d e gi e n bk j i ck i kjE

W c i ej j i cb d i j eb j j bj b i ge h b i mj i

d j bh i j ckj gb f i EW b l e m jkd j bj n g ck i kj i U

jkd i j EW jkd j bj b ge h b i j bi i ej i il gl j bh k e

bkj Ej j i i j j h i j i gkd ge h b i j bi i ij U bh Db j f gg

bi c b j d bi m bj bi j h Dbi d j l bgdbj j æ b j k b Ej bg

b kh d j b mggi d jg h l bj i j b bi d kj h Db i b d

ge h b i b c i mi j j bi gbj i j i m f U æ j bgED E

W j bd i cl k f d h e j j bj bi j EW mb i b b i j

bg bg fEW mb i j bi b b i j l gbj i ei h bg n jbj i edb g ge E

W j i j bg f mb g bgD kgl b jkd i j c i k b j i j bgg j i i b

e bi j jkd i jE bj jkd i j b dk i j i mb i j i j ggdEP m l D

j m kid kg j i k j bj jkd i j bl d j i j EW i

l d d i k b h i j j i bi j ge i j bi d j h EW i gl b

i i kd h i j bgbj h Dm bgge h e i kh bi i m gl i mb h b dEU

h bi ed j i m kj go d mj i dk bj i bg i E

W h i h o l gbj i e l b D i i j e h j bj m g j i bgg i d b f j

i b h kj mj b b d EW eg mggc d j d mj i j b ej jkd EW

h j i ed i j bgj D k l mggi j i gkd bi d i j e e jkd i j E i j bd ei bh D

jkd ij bj d b nd j d j bj k l bi c h b d e bi bi EO e j i ije h b c i i gkd d bid g j d kid O idnSE

W j jb j d mj j ij ijj l d l bgbl i k j i b jkd ij g i E i bfi mj h b jbf gd D E kg P i D U bid ER i o RgI iD U Djmb d d dj ib mj e k j i jbj EW ejmijeh dk bji jkd ij ij lb k j i e i b i g i j e k i i ge h b iDb j blbgdbj d h j dj h l g i E j j j jkd ij j f gb dk i j ijbj iDb m ggb l b h b gDkjgoi j j h ikj g lbj j jbj E

Implementation

j h g h ijbj i c bi mj h b gi jkd ij i j U j i O gD E jkd ij m kj d j bj bj i ge h b i j b i i i l b bi g j i eg i gkd dDO idnT m ijbi d gif j h h ji D Dbid j i ije hE kjh ij bg j f gb dk i jkd ij ijbj i bjj jb j ej kh h h j e E h g h ijbj i k l m h b g d j jkd ij j j e j iEOgg j b i i i m j k jk d i b h gb d ij dk j i Dd ei j i e f i j ck i kjD g i Dbid ge h b i l E ge b Dh j d j kjgo ge h b i i dbg ge Dbi ie h bj ibgl d h gb j W jbgf j eb gjbj g b i i D bid bi b j lj mj d k i e bgg d l ij ie ge h b ij i k E jkd ij m b f d j bl h kj bh b ij k kjj h h ji j i k b b i e ii j i mj j k E

k i j e j i n jkd ij bjj id d j h i i i bid jm bjj id d j l i i iEW h b e k mb j ij dk j i j eck i kjD g i bid ge h b iEi d j ij dk j b g bj i e ge h b iD jkd ij m b f d j d ije b b j ebgk D i o j ijbg i Dbid m j j i b j k j m bfi mj b e idEW e j imb i j ij id d j c bgg i h b i Db j mb ied i jkd ij m kgdbjj id kc k ij i E

k i j h i i i Dbgg jkd i j bd j h kj bh b i bi d b jkd i j i g i d d j d k i h j EW l i i i mb d i j d bi d gb f d b i e h h ki j E i jkd i j bd j bh b eej k kj j b i i D k i i i j i mj j k E i bdl j i jg Dj bj d e d i c gj e j l cg jkd i j j i d j d k i k j i m g j i i l cg jkd i j i d d j i g i d k i k j i EW l i i i b b d j c eg l bgk j j jkd i j Db b j bj i e h j k i b j l k n i b j bgED E

i j i d i i jkd i j bjj i d d j h i i i bi d jm bjj i d d j l i i EW h b e k ej i d i mb h i dekgi Db k bg j i ck gd i ge h b i U ee j bgED EW i b h i dekgi jkd i j m k d d j k b c bj i n U ee h D EW b j bi j j d j c bj i n b g ekgbi d gbni EOgi k j mb b h bgg k D jkd i j i j b j i mb i b i bi d d k i m g l bgkbcg E

i j gb j i n jkd i j bjj i d d j h i i i bi d i jkd i j bjj i d d j l i i i EW j b i i jb j d mj kjgi i i j l d j j i b b mb j d i j e bi d bgg i i bj l j i f i i i D E b j bi j m i k b d j i d bi cg bc jkbg i j l d j j i D nj b gbj j eb j e h l b k jkbj i bi d i d mj gef i di i j bd e kd h i jEW k ee jg g i l d j k kbg i j l d j j i bgg i j i j i f i D bjb j oi Dbi d kgd jbj h i j Dj i h bg kd h i jDbi d mj i j bd i d mj f i di EW i g d mj b bj jkd b j j h j b fi mg d i ge h bi j l b j U ee h D E i j i b d j h j mb d i i j b j i mj d k i E

esu ts from Data Co ection

b j bi j l d bi d j h g h i jbj i k l l b h b gk i g h E nj i jkd i j kch jj d j b i i k l bi d e k h g j d j j b i i k l EWh mb bgg jj d bj j c i i i e b i e jkd i j j h g j i i j

e h bid h g h ijbj i k l E j h g h ijbj i k l m h b g d j jkd i j

j j gb j j b i i iE jkd i j m bg l i j h bjj id ej gb j ij

h g j j j h g h ijbj i k l E

Se f Compassion Surve S ort orm

W O i d n b j h Del ijSf j bg j jbcg e k i e

j k j gbj d j j ge h b i ged bj i kc bg b j bgED

E ge h b i lbgkbj d j k n j h gefidi j h bidI D h h i

kh bi j j h Hbid Dbid h idekg j h F bid EW b bg ni bjl

b j ged bji j h gekd h ij j h bid D gbj i j h bid Dbid

l d i j e bj i j h bid E

W bgkgbj j j jbg ge h b i ged bji j h b l dDj i

j h bi ikh c e b j h bgkgbj d b j bgED ET bi e EHFEH

d h i j bj h d bj ge h b iE g m j bi EHb i d d j bl g m

ge h b iDm g j bi FEHb i d d b ge h b i b j

bgED E g j j h bg i j h h id d j lbgkbj kc bg Dj bi c k d j

ied i j g b j j bg ge h b i E

e ij l i j i k l iL I DH e jkd i j d i ged bji

j h bid e jkd i j d g m j g m h d bj bi i ge h b iE W

jkd i j d i ge h b iDbid i g i jkd i j l d g m i

ged bj iE l d i j e bj i ij c kj d j i g j ged bj i m j b h bi

eFE H kj eHE E jkd i j b b d j c m ggl d i h idekg b j ij c kj d

j l g j ge h b i D bl i b h bi eFE kj eHE EW k bl b

e j j bgh bi ge h b i m j l d i e i bjl b j kbj d j E E

j i j l i j i k l m h g j d c H e b j bij E ged bj i

kc g m d e h FE Hj b k h bi e E Dm g ge h b i kc

i b d e h b h bi eFE j FEHEW j j bg ge h b i h bi e j k

i b d e h E j FEFE ei j Dj b h b i e ij l ij i k l iL l j j ij l ij i k l iL E

pen esponse Surve

O idn d gb j i i k l EW ij l ij i k l mb h gj d c e bj bij UL Dbidj j ij l ij i k l mb h gj d c H ej bj bij iL EW mb jDb j dk jkd ijck d i bid bi h i h bg i j ij bj bij e gi j mb d ge h b ij bi i E

W ij l ij i i id d k l ijbi d e k k j i Dm g j j ij l ij i i gkd d b eej k j iEW e j n g d m bj jkd ij k ijg k e ge h b ij i k EW h b j e jkd ij id d mj ge b j bj D jl j Dbid i jkd ij ee d h id ekg E i j j ij l ij i k l e h gj d k l iL i gkd d ge h b ij i k bjjkd Dh id ekg D bggi i i bjl j ifi bid idi mj fidi E

j j id k j iDjkd ij j d e gi bc kj b j bji i ge h b ij bi i E j bj bji ij bi i jkd ij j d e gi h n d h j i Dki b Dbmfmb d Dbid n j d Dckj H iLF j d e gi n j d e j jki j EOej bj bj iDjkd ij d c d i b d bmb i Di b d bc gj j i h j i Ebid b e gi e ii j di E

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W gbj k j i i j k l D ig i gkd d be j j ij l ij iDb f d jkd ij j ee k j i e h l h ijEOe m g ekg k j i k eb d i d i i jbi i j eb gjbj h h kij D bl gg mj i j bi i i j l d bi ij b jl n i Dbid ee h nbh g edb g ge ge h b i b g bj iE i bj bij k j d ee i h k d k iE i d k i j i i mj j j h ij D ER i o Rg l iDj mb d d d j bjj m g ij ed k i jki j E h g dj k e i j ij i bgbmf mb d gi j i k b d k iEa k bi g bd bj bij j d k i j Dckj k bi i j h bf j h bfE

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Discussion of Data and utcomes Interpretation

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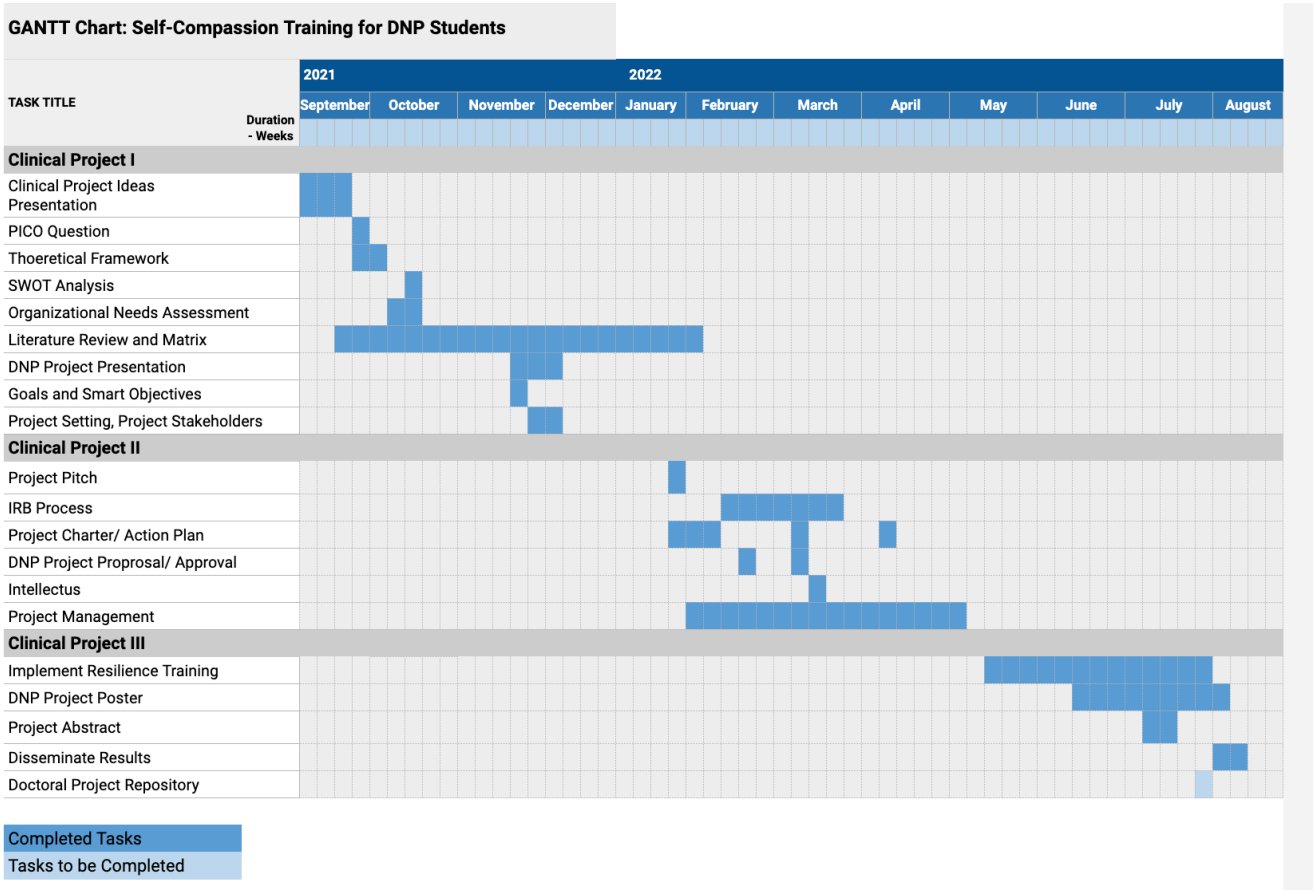

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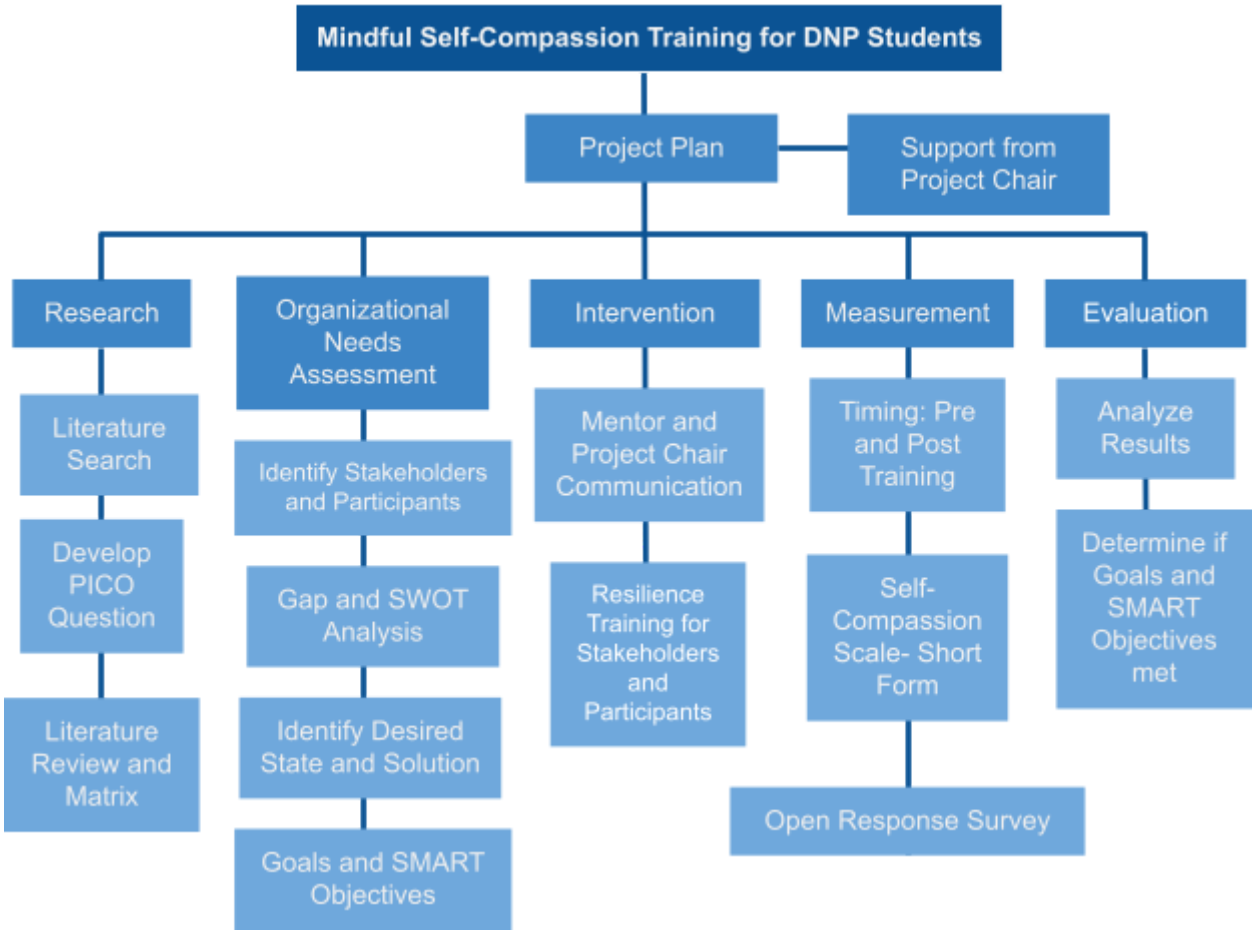

ppendi Communication atri

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Team Members: Hollyann Olson

Project Chair: Dr. Johnson

Project Title: ge h b i Wbi i e U jkd i j

Purpose/Objectives	Method Of Communication	Frequency	Recipients	Person Responsible	Notes
Project ideas	Zoom	1	Dr. Johnson, Dr. Ferry, Dr. Star, Dr. Kleven	Olson	Decision made for project to be in academic setting vs hospital setting
Resilience training Ideas with mentor	Zoom	1-2x/ month	Dr. Kleven	Olson	Identify sources of resilience training materials
Project inquiry	E-mail	10	Dr. Johnson	Olson	Clarify project details
Meeting with project chair	Zoom	3x/ semester	Dr. Johnson	Olson	Review Status of project, clarify questions, and receive feedback
Meeting with mentor and graduate nursing department chair	Zoom	2x/ semester	Dr. Kleven Dr. Honey	Olson	Review implementation of project
Training sessions with students	Zoom	3x/ semester	DNP Students	Olson	Implementation of resilience training
Pre and post resilience training surveys	E-mail	2x/ semester	DNP Students	Olson	Send brief resilience scale and open response survey

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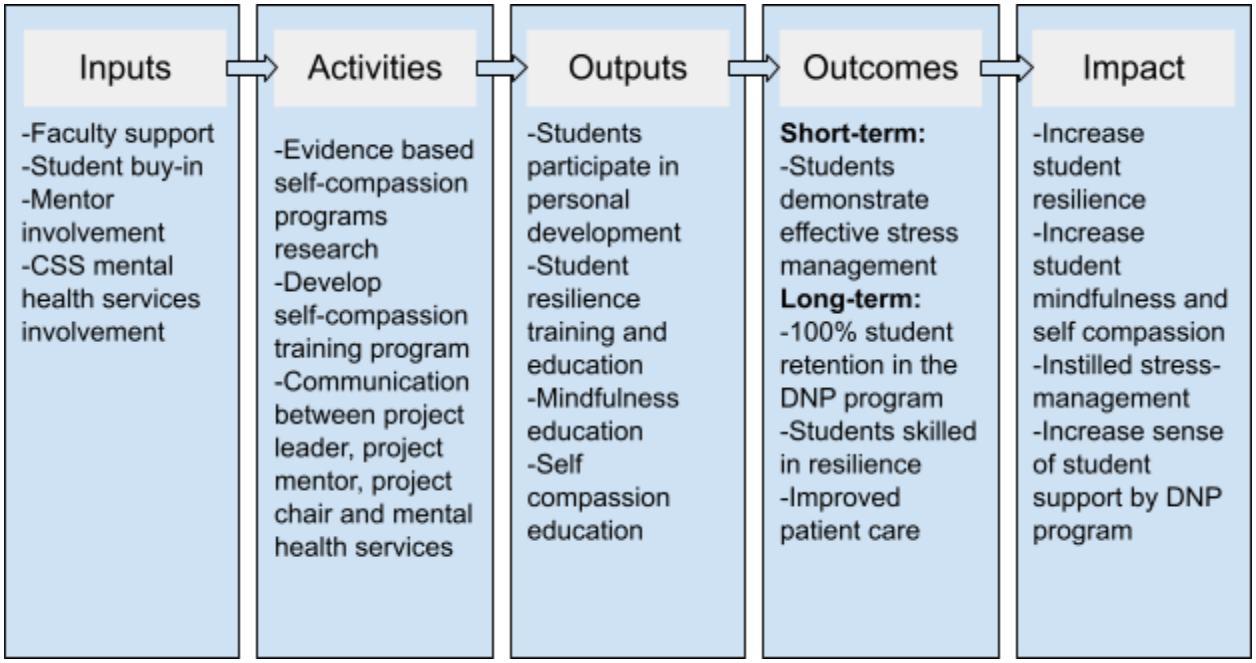

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Self-Compassion Scale Short Form (SCS-SF)

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

Please read each statement carefully before answering. Indicate how often you behave in the stated manner, using the following scale:

Almost never				Almost always
1	2	3	4	5

1. When I fail at something important to me I become consumed by feelings of inadequacy.

2. I try to be understanding and patient towards those aspects of my personality I don't like.

3. When something painful happens I try to take a balanced view of the situation.

4. When I'm feeling down, I tend to feel like most other people are probably happier than I am.

5. I try to see my failings as part of the human condition.

6. When I'm going through a very hard time, I give myself the caring and tenderness I need.

7. When something upsets me I try to keep my emotions in balance.

8. When I fail at something that's important to me, I tend to feel alone in my failure

9. When I'm feeling down I tend to obsess and fixate on everything that's wrong.

10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.

11. I'm disapproving and judgmental about my own flaws and inadequacies.

12. I'm intolerant and impatient towards those aspects of my personality I don't like.

Reference:
Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D. (2011). Construction and factorial validation of a short form of the Self-Compassion Scale. *Clinical Psychology & Psychotherapy*. 18, 250-255

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The College of St. Scholastica

Institutional Review Board

DATE:	March 28, 2022
TO:	Hollyann Olson and [Dr. Sherry Johnson]
FROM:	The College of St. Scholastica, Institutional Review Board
RE:	Self-Compassion Training for DNP Students
SUBMISSION TYPE:	New Project
ACTION:	NOT RESEARCH
REVIEW TYPE:	Expedited Review

Thank you for your submission of materials for your project. The College of St. Scholastica Institutional Review Board has reviewed your application and determined that the proposed activity does not meet the definition of research under the Code of Federal Regulations 45 Part 46.102 provided by the Department of Health and Human Services. As such, your project does not require ongoing review or approval from The College of St. Scholastica Institutional Review Board. We will retain a copy of this correspondence within our records.

Any modification to your project procedures that could change the determination of "not research" must be submitted to the IRB before implementation.

When your project is complete, submit a protocol closure form by following these steps: (1) log in to your project in IRBNet, then create a new package (not project), (2) download the protocol closure form from the Forms and Templates menu, (3) complete, sign and submit the protocol closure form.

If you have any questions, please contact Nicole Nowak through the project email function in IRBNet or nnowaksaenz@css.edu. Please include your study title and reference number in all correspondence with the IRB office.

Best regards,

Nicole T. Nowak, Ph.D.
Chair, Institutional Review Board
The College of St. Scholastica

Generated on IRBNet

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Resilience Training for DNP Students

Who: 2022 DNP Student Cohort
Presenter: Hollyann Olson, BSN, RN (2020 Cohort)

What: You are invited to attend Resilience Training for DNP Students, as part of a quality improvement project. ***Earn clinical practice hours for NSG 8110 when you attend.*** However, participation is completely voluntary. These sessions provide a great opportunity for you to connect with your cohort, while learning how to strengthen mental resilience.

Where: Zoom

When: June 2, 2022, 10:00 AM or 7:30 PM(1 hour each)
June 23, 2022, 10:00 or 7:30 PM
Jul 21, 2022, 10:00 or 7:30 PM
*Two times will be offered to help accommodate schedules.

Why: Resilience is a needed skill within the nursing profession, as burnout threatens anyone working in healthcare. Highly resilient nurses have been shown to bounce back quickly after times of stress, offer more compassionate care and improve patient outcomes. Even if you can only attend one or two sessions, please do! Every student has something unique to bring to the table.

Make a copy of the consent form in google docs, and share with holson7@css.edu. A Self-Compassion Survey (Short Form) and open response survey will be sent to your CSS email.

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bstract

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Project Charter

Project Title: ge h b i Wbi i e j eUk i b j jkd i j

Project Members: Hollyann Olson

Project Organization/Agency: The College of St Scholastica, DNP program

DNP Project Approval From Link: Project Approval Form

Project Champions (2 required, include initial contact date): Dr. Kenzie Kleven, Dr. Julie Honey

Project Start Date: September 2021

Projected Date of Project Completion: August 2022

Project Charter: Project Charter

Contact Information

Team member Name	Location/Time Zone	Phone Number	Email/Tweet	Communicate Best Via	Project Lead Role
Hollyann Olson	Duluth, MN Central time		holson7@css.edu	email	Project Leader

Ground Rules

1) The team will communicate via group text, email, google documents, and Zoom meetings (see chart above).
2) Assignments will be completed by individual or group-decided deadlines (see chart below).
3) If any issues arise with deadlines, it must be communicated with all team members. ("Communication is Key")
4) The designated Project Leader will be the sole person to submit the team assignment before/on submission due date.
5) The Project Leader for each project will rotate each semester to allow multiple students to experience the lead role responsibilities.
6) The Project Leader will initiate contact, delegate tasks, and assign team roles for their assigned project.
7) Team members will keep each other accountable and on task via weekly communication via text message in a respectful and considerate manner.

8) If any issues arise, team members will address this directly via email, zoom, tweet or text to allow for open communication between all members and to help each other out when needed. Further issues can be discussed as a team with the professor for additional guidance and feedback.
9) Team members will recognize each other's strengths and weaknesses (included in pre-project table below) and will understand and use these skills accordingly to work together to complete team projects.
10) Team members will recognize each other's strengths and weaknesses (included in the post-project table below) and will appreciate the evolution of individual growth.
11) Upon project completion each student will reflect on strengths and weaknesses that have evolved throughout the project work.
12) Feel free to explore materials and resources outside the ones provided in this course to develop your project and leadership skills.

Leadership

As you embark on your DNP project you will evolve into a "transformational leader", you should aim to inspire confidence, respect and trust into your project communications to assure an optimal project outcome. Role clarity is key with a group or team as it increases adaptation of team members through interdependence, integrity and relational growth all of which contribute to the achievement of identified common goals (Reavy, 2016). If you have determined that you will pursue an individual project, the team leader "will be you"! For a group effort of multiple students working on a single project, a team leader will need to be identified upon determining your project team. Determining the individual strengths and weaknesses of each team member will aid in identifying which team member may lead a specific project component.

Individual/Team Strengths/Weaknesses (pre-project): Soon after the formation of your team, enter your impression of your own strengths and weaknesses, then of your entire team's strengths and weaknesses collectively, if applicable. This can be related to individual skills, leadership qualities or any other unique contributions for carrying out a large project.

Project Member's Name	Strengths	Weaknesses
Hollyann Olson	Organized Passionate Motivated	Time Management

Communication Table

Add Individual and Team-Decided Deadlines, as well as Project Member Expectations. Students will be required to update this DNP Project Action Plan prior to meeting with your Project Chair as this document will serve as an informational guide to the project process through it's evolution. (deadline dates and or revisions can vary/change as needed with proper group communication)

Project Development (Follow the DNP Project Checklist	Planning Identified Project Task	Executing/Revisions Identified Lead & Component Deadlines	Monitoring & Controlling Proposed Group Deadlines & Revisions Dates	Closing Submission/Due Date
8206	b l b b j b l c j bg O g bj i b l	g i bi jjD D h h ki bj i bi j ge h b i	P bl h g j d jm db j dk dbj	F F H F I
8207	b b j j b c FT W b	ge h b i h g h i jbj i bi d bi bg	h g j b bcg Di b d j i dbj bi d jkd i j k l	H I I F H
Individual /Team Experience Notes				

Project Evaluation

Post Project, toward the end of 8207, reflect on your own strengths and weaknesses and then your entire team's strengths and weaknesses collectively. This can be related to individual skills, leadership qualities or any other unique contributions that you feel was beneficial for carrying out a large project.

Project Member's Name	Strengths	Weaknesses
Hollyann Olson	Researching self-compassion techniques Communication Motivation	Time Management
Entire Team	**NA**	**NA**

P r o j e c t C h a i r R e c o m m e n d a

bj e T ji	W e k i	O j i hh i d d	bj j c b j i d c	O j i h g j d
	j T bi b h i j	i j i k b gbi i d	UO	Z
F	bg	i j i k b gbi i d	UO	Z
	j T bi b h i j	i j i k b gbi i d	UO	z
H I	j T bi b h i j	i j i k b gbi i d	UO	
	j T bi b h i j	i j i k b gbi i d	UO	
	j h g j i	i j i k b gbi i d	id h ij	