



Nursing leadership through reflective practice and mindfulness

Engaging in reflective practice is a fundamental competency that has numerous benefits: reflective practice contributes towards patient safety and satisfaction; increases the likelihood of attention to culturally safety and ethical care; optimises clinical teaching; enhances resilience in individual nurses; and provides communicative frameworks for collaborative leadership and teamwork. Ideally, reflection is considered integral to practice; need to have, not merely nice to have.

Despite the benefits, reflective activities are often compromised. Care-rationing and short-staffing can reduce nurses' focus to habitual practice and task completion. Skilled nurses commonly engage intuitively in reflect practice but don't know how to facilitate this process with peers and more junior colleagues. This evidence-based workshop is a fun and thought-provoking opportunity for nurses in diverse roles to develop a 'tool-kit' for incorporating reflective practice into their everyday work.

Learning the fundamentals of mindfulness practice additionally supports reflective practice. Weaving mindful moments into practice enables nurses to shift from stress-fuelled reactivity to considered responses.

Learning outcomes – participants will develop the following knowledge and skills:

- identify what reflection & critical reflection are
- recognise the integral contribution of reflective practice to ethical, culturally safe and clinically competent care
- plan steps to increase opportunities for anticipatory reflection, reflection-in-action and reflection-on-action
- analyse ways to shift 'tacit' (intuitive) practice wisdom into transferable, teachable opportunities
- incorporate reflective practice into learner-centred teaching models
- understand the contribution that mindful moments, and informal and formal practice, can make to nurses' reflective practice
- experience and experiment with mindful moments, and informal and formal practice that can readily be adapted for educational and professional development

This one-day course, (8.30am – 4.30pm) is facilitated by Catherine Cook, *RN, PhD*, Senior Lecturer, Massey University School of Nursing. It is available on request across New Zealand for groups of nurses – 16 participants are required.

For further information please contact: Anne-Marie Ngan, Programme Coordinator, Professional Development, PaCE, Massey University

Email: a.m.ngan@massey.ac.nz Ph: 0800 627 739 ext. 63184