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.

Lili Powell, Ph.D.
Kluge Professor, Nursing
Associate Professor, Darden
lili.powell@virginia.edu