

## Presentation 1:

Share the Love: What we are experiencing and what the science of positive psychology has to offer.

Cathy Parsons, RN, BScN, MAPP

### Goal

To appreciate the evidence that supports adaptive behaviours that promote well-being.

### Objectives:

Participants of this webinar will:

- a) share the most common feelings about work and home in this pandemic environment
- b) learn about strategies shown to enhance resiliency and promote energy renewal
- c) identify practices for themselves that strengthen perseverance and engender hope

### Biography

Throughout Cathy's nursing career she has been interested in what makes patients, families, and health care professionals bounce back from adversity and grow through their experiences. After 20 years educating health care professionals in the care of premature infants, Cathy transitioned to a role within professional practice to further support excellence in practice. In 2008 she completed a Master's in Applied Positive Psychology which provided the scientific basis behind strategies for promoting and sustaining well-being. She is passionate about promoting individual, team and organizational behaviours that promote flourishing.

## Presentation 2

Share the Love: Igniting the Spirit through Song & Drum

Katarina Graham, RN, BScN

### Goal:

To help nurses "ignite the flame" inside themselves (otherwise known as the spirit) to find the power within themselves to feel a sense of joy, peace and self-love. With all that we are enduring during this pandemic- systemically, personally (mentally, emotionally and spiritually) the feeling of burnout weighs heavy.

### Objectives:

Participants will

- a) Identify when they feel "heavy with burnout"
- b) Identify and demonstrate traditional uses of Indigenous medicine (smudging). Explain the relationship to self-care and preparing yourself for your day or helping to "de-stress".

- c) Identify related Indigenous beliefs about balance, self-care and self-love
- d) Learn how song and drum help to ground us, connect us to our voice, and empowers us to speak our truth

**Biography:**

Her name is Niimi Manitou Kwe, her English name is Katrina Graham. She is of Cree and Scottish heritage and grew up in the Kitchener-Waterloo area and now resides in Wellington County.

Complementary therapies have become a natural part of her own healing and nursing care. Her spiritual and nursing mentors have encouraged her to combine her nursing and traditional knowledge in order to deliver authentic, wholistic care. Katrina walks with the Grandmother drum teachings and loves to share songs and teachings taught by her community and elders. Katrina has training in Complementary Therapies such as Healing Touch, Reiki, Reiki with Crystals and Wholistic Life Coaching.

She currently works in Hospice Palliative Care as a Resource Nurse and has previous experience in Home Care, Long Term Care and with teaching PSW's. She is a mother and special auntie to four beautiful young people (Hailey, Gavin, Dominick and Harloe) and wife to John.

Katrina re-joined the CTNIG in the role of the Research Officer in 2019 and enjoys sharing the importance of practicing complementary therapies in nursing & promoting self-care.

Chi Miigwetch/ Thank-you.

**Presentation 3**

Share the Love: Unity of the Hearts Meditation

Farnaz Michalski

**Goal:**

To use "Chakra Meditation" to equip nurses with permanent access to our own energy systems to promote self-healing. To provide the opportunity for the participants to experience unity through "Heart to Heart" meditation. (Both meditations were developed by Dr. Brugh Joy.)

**Objectives:**

Participants will:

- a) Be introduced to the Human Energy System including the Chakras and learn why the Chakra Meditation is important.
- b) Be guided in a Chakra Meditation through visualization.
- c) Learn about the Heart Chakra and the benefits of Heart to Heart Meditation.

- d) Experience the Heart to Heart Meditation, centering in our own hearts and connecting to the hearts of one another.

**Biography:**

Farnaz Michalski discovered unity of body, mind and spirit in the practice of Nursing when she was enrolled in the Compressed Time Frame Nursing Program at the Western University in 2006. In 2010, she further discovered a complementary modality for nursing, recognized by the American/Canadian Holistic Association, called "Healing Touch" in which the human energy system is utilized to create balance, peace and healing of the body, mind and spirit and pursued the program to become a certified practitioner. Farnaz has been passionately practicing both while continuing education with experiences gained in Emergency Medicine, Diabetes Education/Research, Mental Health/Addiction and Hemodialysis/Nephrology. Today she is pursuing a Master's degree in Nursing Science and works as a Nurse Educator at St. Joseph's Health Care, London at the Parkwood Institute for Mental Health.