

Kristen Lombard, PhD, RN, PMHCNS-BC
Certified Daring Way™ Facilitator
Abstracts for Educational Offerings

RISING STRONG FROM ADVERSITY

Are you ready to explore your professional and personal journey through COVID-19, to *reckon* with your story, *rumble* with Truth in its diverse expressions, and integrate your learnings by daring to *revolutionize* a new ending to your story?

Rising Strong from adversity is based on the work of Brene Brown and her teams of researchers when they wanted to understand what do the people who fall in the service of being brave and who are able to Rise Strong with resilience and tenacity share in common? This *live* 6-week course shows you how they did it and you can too! Won't you join us?

PERFECTLY IMPERFECT

Length: 2 hour, ½ day, 1 day

Description:

Do you aspire to be a *Recovering Perfectionist*? This workshop will help you take your life back (!) and have company on the journey to increased self-awareness, better boundaries, clarity of purpose, resilience and less stress. You will feel happier, have better work/life balance and feel more connected with yourself and others. Doing this work will change your life - really.

Presenter: Kristen Lombard, PhD, RN, PMHCNS-BC is a Certified Daring Way Facilitator, Clinical Nurse Specialist and Recovering Perfectionist.

BRAVING IN HEALTH CARE LEADERSHIP

Key Words: workforce strategies, innovations in leadership, trust, vulnerability, daring, courage, wholehearted living

Workshop Length: Podium, 50 mins, 90 mins, ½ day, 1 day, to allow for reflective practice, interactive activities and dialogue.

Session Narrative/Description:

Leaders in health care are committed to excellence in care delivery for our patients, residents, clients and their families. Leaders who practice resilience, prioritize self-care and self-mastery in their leadership are more likely to thrive, innovate, create, and positively contribute in their practice. Based on a highly experiential methodology from the research of Dr. Brene Brown, facilitators will deliver experiences designed for work with organizational leaders to lead with

courage and deepen trusting work environments. Participants will examine thoughts, emotions, and behaviors that are holding us back from building trust, identify a new framework (BRAVING) to strengthen trust and therein which to practice authentic and wholehearted living in our personal and work lives.

THE MYTHS OF VULNERABILITY: DARING GREATLY AS LEADERS

Learning Outcome: Learners will examine, describe and apply how vulnerability and shame affect our ability to be brave, engaged and compassionate leaders.

Key Words: compassionate leadership, vulnerability, trust, healthy work environments, shame resilience, core values

Workshop Length: Suggest a ½ day or full day to allow for reflective practice, interactive activities and dialogue.

Narrative/Description:

We cannot successfully lead without being vulnerable and yet there are misconceptions about what it means to be vulnerable! We invite you to explore the myths of vulnerability and how we can support each other in our shared humanity and wholeness with courage, compassion and connection.

Did you know that our personal ability to work with vulnerability and shame are fundamentally linked with many issues of collaboration, collegiality, communication, compassion fatigue and burnout, challenged leadership, employee disengagement, relational competence, fear-based decision making, self-care, and multiple chronic diseases? Fifteen years of research and six books later, Brene Brown has taught the world about the importance of understanding vulnerability, strengthening shame resilience and learning how to be daring and brave as we fully show up in our work and personal lives.

In this workshop, explore the following questions and invite reflection, interactive activities and dialogue. How do we prepare ourselves to dare greatly in the arena of health care, despite our vulnerability? How do our core values relate to vulnerability? What shields do we use to protect our vulnerability and avoid shame? What is the prescription to mitigate its damage? Where does trust fit in? What can we put into place to support the experience of daring greatly as leaders?

Be brave and be ready to grow! Come join us!

RISING STRONG IN THE ARENA OF HEALTHCARE

Workshop Length: Suggest a ½ day or full day to allow for reflective practice, interactive activities and dialogue.

Narrative: The research and books of Brene Brown have taught the world about the importance of understanding vulnerability, strengthening shame resilience and learning how to

be daring and brave as we fully show up in our work and personal lives. If we choose to live wholeheartedly and with courage, *we will fall* – it is inevitable. What does the research show us about those people who are brave, who fail and then get up and are prepared to do it again? What can we learn from the Rising Strong process of becoming braver leaders? This method involves a reckoning, a rumble and a revolution!

In this workshop, we will identify the process of recovery from setbacks and disappointment. The first phase is the **Reckoning**, where we notice we are in the midst of a difficult situation and recognize we have choices about how our story will end. The second phase is the **Rumble**, where we recognize emotional hijacking, false perceptions, begin to self-regulate, and lean into healthy ways to address our discomfort. The **Revolution** occurs when we begin to regularly practice reckoning and rumbling and we become adept at setting boundaries, maintaining our integrity and making generous assumptions.

Learning Outcome: Learner will describe and employ a method of how to show up and be brave before, during and after failure, struggle, disappointment and setbacks.

Presenter: Certified Daring Way Facilitator – Kristen Lombard, PhD, RN, PMHCNS-BC

SELF-COMPASSION IN THE ARENA OF HEALTHCARE

Workshop Length: 90 minutes, ½ day or 1-day workshop

No matter our role in our organization, we are being called to be resilient, courageous, compassionate and connected with ourselves, our colleagues, and our clients. **Our challenge** is to steadily cultivate our personal resilience for those times when we encounter stressful experiences and meet them with compassion and empathy for ourselves and others. What is self-compassion, what does the research say about what it is/isn't, why is it so hard??

Compassion, self-compassion and empathy are skill sets, not the default.

In this workshop we will take own self-compassion assessment before the class and work from those results, reflect, learn new practices, and have meaningful and productive conversations that matter on this topic. You will leave with a deeper understanding of yourself and practices to use that strengthen your bravery *to keep stepping forward* in healthcare.

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RELATIONSHIP-BASED CARE

What is Relationship-based Care (RBC)?

RELATIONAL COMPETENCY

SOULFUL CIRCLES

Length: 2 hours, ½ day, 1 day.

Description:

Reconnect with the soulfulness in your practice and remember why you went into healthcare in the first place! Circle practice is becoming mainstream in the U.S. and abroad as a vehicle for authentic collaboration and reflective practice. It is in small and large healthcare settings, education, the justice system, and even politics. Through the simple guidelines of listening with attention, speaking with intention, and tending to the well-being of the group, disparate groups of colleagues strengthen their trust, learn together, have conversations that are meaningful and a soulful kind of magic transforms even the hardened skeptics.

Kristen Lombard is a Circle Carrier of The Circle Way, has been practicing circle since 1995 and did her dissertation research on this model of collaboration with nurses.

MEDITATION, IT'S NOT JUST FOR MONKS ANYMORE

Length: 2 hours

Description:

Have you always wanted to learn how to meditate yet never found the time or hesitated to join a community? In this *workshop*, Kristen will help you to understand what meditation is, how it works, the neuroscience, and the skills to start a practice? Should you decide to seek a community to practice with, Kristen can also help guide you.

Kristen has a 20 year meditation practice in the Vajrayana and Mahayana Buddhist traditions. She is also a meditation instructor and mindfulness educator.

CAR 54 WHERE ARE YOU?

Length: 2 hours

Description:

Do you ever go through a day and wonder where it went? Have you ever driven to work and not remember how you got there? What does autopilot look like in your life? In what ways do you disconnect from what is going on around you? Have you been told that this is a problem?! I can help!

In this 2 hour workshop we'll explore how our *thoughts, perceptions and habits* determine our ability to fully participate in our lives. We'll notice ways that we can choose to connect, or not, to our daily lives. We'll go over the foundations of mindfulness and try some on for size. Heck, I'll even teach you to meditate!