

# Trusting Relationships: The Pulse of Nursing

Thursday, April 22, & Friday April 23, 2010  
Holiday Inn Harbourview, Dartmouth, NS

This year the Nursing Leadership Conference will explore Emotional Intelligence (EI) and Mindfulness.

Speakers include:

**Lea Brovedani**, a recognized expert in emotional intelligence will help participants build their most important currency – their emotional intelligence – to foster trusting relationships. Lea will help participants achieve improved results by building communication and trust. It is her ability to weave stories that get to the heart of the matter that engages and energizes audiences.

**Mary Campbell**, Psychiatric Mental Health Clinical Nurse Specialist, will provide an introduction to Mindfulness (an effective approach to health promotion and stress management), focusing on its relevance for nurses and leadership. Mindfulness strengthens capacity for attention and reduces the risk of burn-out.

Registration is available on-line at <http://www.regonline.com/NLC267>

A detailed program agenda will follow Feb. 15, 2010, or go to [www.nsaho.ns.ca](http://www.nsaho.ns.ca), [www.clpnns.ca](http://www.clpnns.ca) or [www.crnns.ca](http://www.crnns.ca)

For further information or if you wish to be removed from our mailing list, please contact CarolAnn MacAdams at (902) 832-8500 ext. 243 or [carolann.macadams@nsaho.ns.ca](mailto:carolann.macadams@nsaho.ns.ca).



# Nursing Leadership Conference 2010

## Trusting Relationships: The Pulse of Nursing

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Holiday Inn Harbourview, Dartmouth, NS

**Conference Fee:** \$275 + 35.75 HST = \$310.75

A block of 25 seats is being reserved until April 15, 2010 for full-time nursing students at a cost of \$56.50 taxes included. After April 15, 2010 they will be made available to nurses wishing to attend the conference.

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### Accommodations

You may reserve your overnight accommodations now by calling the Holiday Inn Harbourview, 100 Wyse Road, Dartmouth, NS at (902) 463-1100 or 1-888-434-0440. The conference guest room rate is \$131.00 plus applicable taxes. You may [book online here](#) or book by going to their website at [www.hiharbourview.ca](http://www.hiharbourview.ca) and enter the block code NC7 in the GROUP CODE box. Then continue making the reservation. The group rate for the Nursing Conference will display. After the release date of March 22, 2010 people will have to call toll free 1-888-434-0440 to book a room and the rate is subject to availability. Each additional guest is \$15.00.

Holiday Inn Harbourview is a non-smoking facility. Effective June 15, 2009 parking is no longer complimentary. All guests will be required to pay and display valid parking receipts in their vehicles at a cost of \$1.25 per hour, to a maximum daily rate of \$8.00. Failure to display a valid parking receipt will result in a Municipal Parking Violation ticket at a cost of \$25.00.

### Scent Policy

Please refrain from using scented products out of respect for those who have sensitivities.

Register Early! Space is limited.