



4th Annual Restore Joy Now Conference

Educational and Spiritually Renewing Conference

October 20-21, 2016

Maggiano's Little Italy, St John's Town Center Mall

10367 Midtown Pkwy
Jacksonville, Florida

To Register, Go to: <https://restoringjoy.typeform.com/to/j23PzS>

(Early Bird Registration ENDS July 15, 2016)

For Discounted Hotel Rate,

<https://www.starwoodmeeting.com/Book/RestoringJoy>

(Discount rate ends 9/19/2016 based on availability)

Restoring Joy to Leadership is a spiritually-based leadership development consulting firm. We are dedicated to helping leaders maximize their potential to make a difference in the lives of others as well as their own; believing that leaders have a right and a responsibility to prosper in all aspects of their lives. Spiritual principles such as personal character, courage, enthusiasm, true intention and doing what is right provide guidance for our programs. We believe leadership success is largely the function of spiritual strength, that is strength to learn, grow and develop to meet life's challenges.

Mission: Trigger individual's leadership potential and renewal through their own insight, capability and transformation.

Vision: Restoring Joy to Leadership is a catalyst for motivating unprecedented spiritually-based leadership that is centered in truth, competence and transformation.

Health care providers across the nation are struggling to persevere against the whirlwind oftentimes resulting in compassion fatigue and or burnout. This is a critical issue as organizations strive to improve patient satisfaction and safety. In times like these, spiritual strength is needed. Inner Joy is a major source of spiritual strength that leads to uncommon results. Therefore if an organization desires to improve patient satisfaction and patient safety as well as employee satisfaction and retention, I recommend a focus on restoring the joy of the work... the joy of caring....the joy of a high calling as a leverage for success. The Restore Joy Now conference is designed to engage individuals at the spiritual strength level and serves as a catalyst to restore joy.

Who Should Attend: All professionals interested in enhancing their leadership potential through gaining self-insight, skill building, spiritual renewal and transformation.

Continuing Education

This 2-Day program will provide **11.5** Florida Board of Nursing and Georgia Board of Nursing provider continuing education credits.

Objectives:

At the conclusion of the conference, participants will be able to:

- Discuss principles of true accountability and implications for practice and performance outcomes
- Commit to at least one strategy to improve accountability for performance
- Discuss the costs and benefits of caring
- Develop an individualized Joy Enhancing and Healing Action Plan
- Describe the role of Faith Community Nursing
- Discuss effects of moral distress in leaders
- Discuss ROI for professional development
- Discuss costs and benefits of caring
- Discuss impact of fear in nursing
- Discuss the role of humor in healthy work environment
- Discuss how to use discernment as a tool to enhance challenging relationships and team functioning
- Describe use of the PRINT assessment to enhance personal and professional outcomes

Conference Schedule

Thursday, October 20, 2016

- 0800 – 0830 Registration & Continental Breakfast
- 0830 – 0845 Welcome & Opening Remarks
- 0845 – 0930 History and Philosophy of Faith Community Nursing
Willie C. Roberts, MSHA, BSN, RN, FCN
- 0930 – 1000 Reflection: Moral Distress: A Leadership Secret
Rose Rivers, PhD, RN, NEA-BC
- 1000 – 1015 Break
- 1015 – 1100 Restoring Joy Strategies: Energy Vampires
Connie King, MA
- 1100 – 1130 Panel: Joy Award Winners
Panel Moderator: Rose Rivers, PhD, NEA-BC
- 1130 – 1200 Reflection: Creating a personal and professional vision for success
Rose Rivers, PhD, NEA-BC
- 1200 – 1245 Networking Lunch
- 1245 – 1300 Q & A
- 1300 – 1600 Workshop - Gaining Peace in Challenging Relationships: The Role of Discernment and Spiritual Growth
Lynn Varagona, PhD, MSN, MBA, PMHCNS-BC
- Take a moment to think about a challenging relationship that you have. What if you could find a way to bring peace and understanding to the relationship? In this workshop, you will learn how discernment can bring peace to your challenging relationships, enhance team functioning, improve the emotional climate at work, and more - while advancing your spiritual growth. Prior to the workshop, you will receive a link to a brief assessment. During the workshop, you will receive a personal report. Last, you will leave with some takeaways to guide you as you continue your journey.*
- 1600 Closing Remarks, Evaluation

Friday, October 21, 2016

- 0730 – 0800 Breakfast
- 0800 – 0810 Welcome & Opening Remarks
- 0810 – 0840 Reflection: Professional Development - Calculating the ROI
Christopher Martorella, MSN, RN, NEA-BC
- 0840 – 0930 Fear in Nursing
Virginia Pesata, DNP, ARNP, NEA-BC, FNAP
- 0930 – 1015 Costs and Benefits of Caring & the Power to Heal Thyself
Rose Rivers, PhD, RN, NEA-BC
- 1015 – 1030 Break
- 1030 – 1200 Accountability Straight Talk (Part 1)
Rose Rivers, PhD, RN, NEA-BC

NOTE: *This workshop reviews and expands on the accountability seminar presented on 4/29/2016.*

- 1200 – 1245 Networking Lunch
- 1245 – 1345 Accountability Straight Talk (Part 2)
Rose Rivers, PhD, RN, NEA-BC
- 1345 – 1400 Q & A
- 1400 – 1430 Touch of Humor
Christopher Martorella, MSN, RN, NEA-BC
- 1430 Closing Remarks, Evaluation

Conference Speakers



Rose Rivers, PhD, RN, NEA-BC, FNAP

Rose is the Founder, Principal and Primary Consultant for Restoring Joy to Leadership, a Christian Spiritually based organization dedicated to helping leaders maximize their potential to make a difference in the lives of others as well as their own.

Rose has served as Vice President and Chief Nursing Officer for St. Vincent's Medical Center, Jacksonville, Florida and Shands Healthcare (now UF Health) Gainesville, Florida. She is an active American Nurses Credentialing Center Magnet™ appraiser. Rose has broken many barriers and received numerous accolades during her nursing and leadership career, which spans more than 30 years. She is recognized locally and nationally for her plight to ensure that healthcare issues pertinent to nursing, patients and their well-being are addressed. Rose has numerous presentations and publications to her credit.

Although acknowledged for her many professional achievements, Rose is well known for her role as a mentor, encourager, advocate, and friend to countless co-workers and people in the community. Rose has a passion for learning and enjoys helping others achieve their maximum potential.

Rose is the wife of Rev. Sinclair Rivers Jr., pastor and founder of the Benevolent Church of God, Reddick, Florida. Ministries focus on family development with a vision of "No Family Left Behind." They are the proud parents of 3 adult children; Sinclair III, Keesha, and Charity.



Lynn Varagona, PhD, MSN, MBA, PMHCNS-BC, RN

Dr. Varagona is an Assistant Professor at Kennesaw State University WellStar School of Nursing. She holds a BSN in Nursing from the University of Florida, an MSN in Psychiatric-Mental Health Nursing from Yale University, a PhD in Community/Organizational Psychology from Georgia State University, and an Executive MBA from Emory University. Dr. Varagona is a Board Certified Advanced Practice Nurse, a licensed Psychologist, a certified Spiritual Director, and a member of Sigma Theta Tau International Honor Society of Nursing, Psi Chi National Honor Society in Psychology, and the International Honor

Society of Beta Gamma Sigma. Her research consists of creating healthcare work environments that positively impact quality of care, patient outcomes, and cost of quality care.



Christopher Martorella, MSN, RN, NEA-BC

Christopher Martorella is a skilled healthcare leader with more than 25 years of experience in nursing leadership, clinical operations, and patient services. He has been responsible for strategic planning, operational budgeting, business development, and clinical oversight in a variety of healthcare settings including a 286-bed community hospital, a 764-bed teaching facility with level II trauma care, and a 600-bed, Magnet-accredited academic medical center.

Prior to joining Compass Clinical Consulting, Christopher served in full-time, interim, and consulting roles. He was the Interim Nursing Director at Parrish Medical Center in Titusville, FL, where he served as change agent for the refinement of a new medical/surgical services model; rapidly assessed units to identify strengths, gaps, and opportunities for improvement; and developed and implemented plans to improve and sustain positive clinical outcomes and cost structures. He also served in a full-time capacity as Vice President of Patient Services, Chief Nursing, and Director of Nursing. In these roles, he developed action plans to grow Rehabilitation and Obstetrical business and developed proposals aimed at reducing overtime and contract staff including float pool, sign-on bonus and non-benefit full time positions; increased patient satisfaction by implementing leader and hourly staff rounding and discharge phone calls; developed business plans for the nursing department; and collaborated to develop a variety of reporting systems for a nursing dashboard.

Christopher also spent four years as a Senior Manager with Quorum Health Resources, where he served as a consultant and project manager for a range of engagements including nursing and other clinical departmental operational assessments, mock accreditation surveys and accreditation recovery, workforce efficiency and strategy engagements, patient throughput engagements, and educational engagements for nursing leaders.

Christopher is currently pursuing his Doctor of Nursing Practice from the University of Central Florida. He holds a Master of Science in Nursing with a focus on critical care and administration from the University of Florida and a Bachelor of Science in Nursing from Florida State University. Christopher also participated in the Johnson & Johnson/Wharton Fellowship in Management for Nurse Executives at the University of Pennsylvania. He is a Registered Nurse and is LEAN Certified. He is a member of the American Organization of Nursing Executives, where he serves as a Regional Director, and is on the Regional Planning Board for the American Hospital Association. Christopher is also an adjunct faculty member at the University of Central Florida, where he works with students in a capstone practicum experience leading to a master's degree in nursing leadership and management.



Virginia Pesata, DNP, ARNP, NEA-BC, FNAP

Dr. Pesata is the DNP Program Director at South University and is a Research Scholar at the University of Florida. She has worked as a Pediatric Nurse Practitioner, administration, research and higher education. She received a Doctor of Nursing Practice degree from George Washington University and Master of Nursing degrees as both a Family Nurse Practitioner and Pediatric Nurse Practitioner. Her research studies include leadership, administration, health literacy and the integration of arts in hospital settings. She is a Fellow of the National Academies of Practice and a Clinton Global Initiative individual student member.



Willie C. Roberts, MSHA, BSN, RN, FCN

Ms. Willie Roberts a Florida native, career as a health care advocate began forty four years ago as a licensed practical nurse and progressed to registered nurse. She received her BSN and Masters Science in Health Administration with a minor in Community Health from the University of North Florida. She has held leadership positions in varied health care arenas to presently include, St. Vincent's HealthCare where she coordinates several community outreach ministries; Faith Community Nursing(FCN) and Brighter Beginnings whose primary goals are to positively impact major health disparities plaguing the poor and underserved. During the past five years with St. Vincent's Ms. Roberts has established partnerships with 192 Faith Communities comprising 18 denominations in 5 counties promoting healthy lifestyle behaviors while providing education sessions and free health fair screenings. Annually, she provides FCN Foundation Curriculum Course Training for RN equipping them to either enhance or establish a health ministry in individual church. She produce quarterly newsletter and provide CEU for faith nurse partners.

Shands Hospital where she initiated a federal funded program in 1989 for high risk obstetric patients with HIV. This was the very first federal funded program in the State of Florida to test pregnant women for the HIV virus. She also started the first support group for women with HIV in the five county areas, which continues to function today. Ms. Roberts for twenty two years in the Department of Community Relations and Education at Shands Hospital where she served as Nurse Case Manager/Supervisor for the inpatient/emergency department Ryan White Part A Program. With an eye on Health Care Disparities and Healthy People 2010, Ms. Roberts organized and teaches a class on nutrition, weight control, and

exercise; she organizes and coordinates 4 workshops per year on breast and cervical cancer awareness; she organized the HIV/AIDS Christian Women Coalition to address the holistic approach to women living with HIV-AIDS and to provide community awareness education and testing, and has also driven the mobile unit to provide health fairs to remote communities in North Florida and South Georgia; and assist faith-based organizations to establish health ministries and testing sites. Ms. Roberts is an effective change agent in her community.

Her responsibilities have included a 2016 trip to Chicago FCN Westberg 30th Anniversary Conference, where she delivered a poster presentation addressing "FCN Initiative Combatting Sudden Infant Death Syndrome in Duval County, Jacksonville,," in 2008 traveled under the Georgetown University and ANAC partnership Nurses SOAR mentorship project to Durban, South Africa for 6 weeks and 2011 a 7 days mission trip to Haiti. She has also written articles for ONYX magazine on the HIV virus in the African-American community and SLR's Living Today on Nursing, a Profession of "Resilience" Yesterday, Today, and Tomorrow. Ms. Roberts has received numerous prestigious recognitions and awards most recent Health Source Magazine, Nurse Legacy Finalist and 2015 Association of Nurses in AIDS Care (ANAC) President Award. Ms. Roberts today continue to provide strong advocacy for persons indigent, uninsured and underserved and those living with HIV/AIDS, through serving on numerous community and national committees.



Connie King, MA - Consultant/Counselor in Leadership Development

Connie has a rich history in education, corrections and the legal system. Her career spans over a decade of working with people whose lives have been effected by "the system." She has a master's degree in counseling specializing in consulting, school guidance, special populations and substance abuse. As prevention counselor with the Department of Corrections, she prepares women prisoners for re-entry into the community. The curriculum focuses on errors in thinking and behavior management. While working as a judicial assistant with the Florida state courts, the judge's docket included juvenile delinquency and dependency cases; as a guidance counselor she helped adult students mainstream back into the educational/vocational system; as Teen Court Coordinator she managed the intervention of youthful offenders and provided them an alternative to the criminal justice system; as mentoring coordinator for a child intervention/prevention group she found mentors for children of incarcerated parents; as education manager for Head Start she served as leadership chair of the school readiness leadership team, promoted the idea of parents as their child's first and best teacher, and trained staff on how to collaborate efforts to develop resources for children and families. Connie is a certified Dependency court mediator. She is the objective presence at the table with the parent, court system, and state agency. An engaging presenter and dynamic speaker, her unique training style keeps the listener engaged from beginning to end. She speaks to the heart and seeks to meet others where they are in their personal and professional life. Principal and founder of Erimar Consulting, training curriculum is tailored to put the human back in resources. The mother of two, Connie enjoys spending time with her grandson and says, "he is the best part of my day."

To Register, Go to: <https://restoringjoy.typeform.com/to/j23PzS>

Early Bird Registration ends July 15, 2016

- Early Bird before July 15, 2016 - \$239.00
- Early Bird Group before July 15, 2016 - \$219.00
- Early Bird RJL Advisor before July 15, 2016 - \$209.00

- Regular Registration July 16, 2016 - October 10, 2016 - \$269.00
- Regular Registration RJL Advisor- July 16, 2016 - October 10, 2016 - \$239.00
- Regular Registration Group Registration - July 16, 2016 - October 10, 2016 - \$249.00 per person
- Fully Retired Nurse - July 16, 2016 - October 10, 2016 - \$239.00

- **Registration after October 10, 2016 - \$279.00**

**** Registration ends October 17, 2016****

Payment may be made by credit card, check or money order. For other payment methods, please contact Rose at restoringjoy@msn.com.

REFUND AND CANCELLATION POLICY

Registration fees will be refunded in the amount of 50% of registration fee paid if notification is received in writing 7 (seven) days prior to the first day of the conference (October 13, 2016). Registration is transferable to another with notification via email (restoringjoy@msn.com).

Discounted Hotel Rate – click on link below:

<https://www.starwoodmeeting.com/Book/RestoringJoy>

(Discount ends September 19, 2016 based on availability).