



**Restore Joy Now Conference**  
*Educational and Spiritually Renewing Conference*  
**November 17-18, 2022**

**Virtually via Zoom**

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

**NOTE:**

**You must individually register to receive CEUs. Registration must be received by Nov 16, 2022 to receive CEUs. A completed post conference evaluation is required to receive a CEU certificate via email.**

**Registered participants will receive the link and conference materials prior to start of the conference via email. Please ensure your email address is correct.**

*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.

***During this conference, we will recognize the 2022 Joyful Nurse Award Winners, afford opportunity for networking and mutual learning.***

**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 **9 (Nine)** Florida Board of Nursing and Georgia Board of Nursing provider continuing education credits. **Please note: You must be individually registered by Nov 16, 2022 and complete evaluation at completion of conference to receive CEUs.**

### **Objectives:**

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

- Gain insight into spiritual renewal for their life and work journey
- Discuss strategies to enhance personal joy in work and life
- Discuss principles of transformational and conscious leadership
- Discuss benefits of gratitude
- Discuss how joy draining influences beyond the workplace impact the work environment
- Discuss impact of internal influences on work life balance

## **Conference Program Agenda Topics** **(Times subject to change)**

### **DAY ONE: Thursday, November 17, 2022**

0800 - 0900 Prayer Breakfast - Sandra Gadsden, BS, MS

0900 - 0930 Registration, Welcome & Opening Comments

0930 - 0945 Humor moment

0945 - 1045 Joy: The Secret Sauce to Preventing Burnout - Rose Rivers, PhD, RN, NEA-BC

1045-1100 Break

1100 - 1200 Promoting and Sustaining Joy in Turbulent Times - Panel Discussion (Facilitated by Ginger) Pesata, DNP, APRN, FNP-BC)

Bryce Catarelli, DNP, APRN, FNP-C

Tara Cornett, MSN, APRN, FNP-BC

Deirdre Shoemake, DNP, MSN, RN, ACNS-BC

Jennifer Woodcock, BSN, RN, CHRN

Carolyn Lightner, APRN

Marousa Nookala, RN

1200 - 1300 Networking Lunch

1300 - 1330 Health Moment - Wanda Nichols, RN

1330 - 1430 Reflections on Work Life Balance - *Panel discussion* (Facilitated by Charity Braddock, JD)

Joanne W. McNeil, DNP, RN

Jamie Dees, MSN, RN, CNL, BMTCN

Kelly Guion, BSN, RN, NE-BC

Venerree Hall, BSN, CMSRN, CCRN

1430 - 1530 Take your Time - Connie King, LMHC

1530 - 1600 Q&A, Self-reflection and Joy Action Planning

1600 -1615 Wrap up, CEU Evaluation

**DAY TWO: Friday, November 18, 2022**

0730: Breakfast Available, Registration

08:00 Welcome & Opening Comments

0815 - 0945 Running Through Life with Purpose and Grace - Dawn Mussallem, D.O

0945 - 1030 The Gratitude-Growth Mindset: A Path to Restoring Joy - Latrina Geyer, PhD, RN, NPD-BC, NEA-BC

1030 -1045 Break

1045 - 1145 Transformational Conscious Leadership – Rose Rivers, PhD, RN, NEA-BC

1145- 1200 Q&A, Self-reflection and Joy Action Planning

1200 - 1215 Wrap up, CEU Evaluation & Door Prizes

1215 - 1300 Networking Lunch

## **Joy Award Ceremony 1300 - 1430**

### **2022 Joyful Nurse Award recipients**

- **Kelly Guion**, Baptist Medical Center Jacksonville, Florida
- **Dr. Deirdre Shoemake**, Brooks college of Nursing University of North Florida
- **Kristen McKeon**, UF Health Shands, Gainesville, Florida
- **Danielle Raymond**, Ascension Borgess, Kalamazoo, Michigan
- **Sarajane Brownford**, UF Health, Jacksonville, Florida
- **Linda Johnson**, Essentia Health Lakeside Clinic, Duluth, MN
- **Veneree Hall**, UF Health Jacksonville, Florida
- **Dr. Yvette Lowery**, Aspen University, College of Nursing, Phoenix, AZ
- **Maria Vespa**, Essentia Health- St Mary's Medical Center, Duluth, MN
- **Pamela Holland**, Essentia Health St. Mary's Detroit Lakes Hospital, MN
- **Molly Hillukka**, Essentia Health St. Mary's Detroit Lakes Hospital, MN
- **Susan Umpierre**, Essentia Health Moose Lake - Home Health
- **Brittany Moore**, UF Health North Campus Jacksonville, Florida
- **Sarah Kroschel**, Essentia Health Sandstone, MN
- **Carolyn Vanessa Lightner**, Tacachale- Gainesville, Florida
- **Gwen Eggert**, Essentia Health Brainerd Clinic, MN
- **Bryce Catarelli**, University of Florida - College of Nursing, Gainesville Florida
- **Tara Cornett**, UF Health Jacksonville Florida

- **Sarah Lambert**, Essential Health Moose Lake, MN
- **Sarah Class**, Essentia Health Moose Lake, MN
- **Jennifer Woodcock**, Duke University Hospital, NC
- **Marousa Nookala**, Cleveland Clinic Children's, Ohio

*Blessing of the Hands - Rev. Sinclair Rivers Jr*

## Conference Speakers



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

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.



**Sandra C. Gadsden, BS, MS**

Sandra C. Gadsden is a dynamic woman of God who imparts the Joy of the Lord through the Power of the Holy Spirit wherever she goes. She has served in the ministry for over 40 years. She exemplifies the walk of a Virtuous Woman of God. She is an anointed minister and teacher of God's Word whose mission is totally committed to reaching all those that are in need of spiritual guidance.

Sandra is a member of North Jacksonville Church of God and is the founder of *SCG Ministries*. She is a graduate of Florida A&M University where she received her B.S. Degree in Business Administration. Her Master's Degree is in Theology from Zoe University. Mrs. Gadsden serves as co-chairperson for the HIV/AIDS Christian Women Coalition in

Jacksonville. She is also on the Board of Directors of Families of Slain Children.

Mrs. Gadsden has touched the lives of many through her wisdom and life changing experiences. She is Supervisor of the Pastoral Care Department at UF Health Jacksonville and is a Board-Certified Chaplain. Sandra serves as mother for many sons and daughters throughout the city, state and nation. Sandra is married to Mr. Daniel E. Gadsden, and they have one son, two daughters, six grandchildren and one great-grandson.



**Dawn Mussallem., D.O.**

Dr. Mussallem is a consultant in the Department of General Internal Medicine at Mayo Clinic and is an Assistant Professor of Medicine. She is a diagnostic breast specialist at The Robert and Monica Jacoby Center for Breast Health and serves as Medical Director for Mayo Clinic Florida Lyndra P. Daniel Center for Humanities in Medicine. Dr. Mussallem is double-board certified, including a board certification in Lifestyle Medicine. She has over 25 years of patient-centered clinical wellness experience with national recognition in the field of breast medicine, lifestyle medicine, integrative oncology, cancer prevention, and cancer survivorship, and a unique personal experience as a stage IV cancer patient diagnosed 3 months into medical school, as well as a heart transplant recipient. She shares that her journey as a

patient cultivated her boundless energy and deep purpose to help guide patients toward renewed vitality. In 2015, she founded the Integrative Medicine and Breast Health Program at Mayo Clinic Florida, a patient-centered program that works with breast cancer patients during and after a breast cancer diagnosis, introducing them early on to the importance of lifestyle optimization and evidence-based mind-body practices alongside conventional cancer treatments with a goal to reframe the cancer diagnosis as a “teacher of life,” leading patients to discover renewed vitality through healthier living. Her research interests include the impact of whole-food, plant-based nutrition and weight management on breast cancer outcomes, measuring alcohol awareness of breast cancer risk, and breast cancer survivorship quality of life.

In addition to her clinical and research activities, Dr. Mussallem is active in medical education, which includes director for the Lifestyle Medicine Residency Curriculum, co-director for the international Medical Breast Training Program, and course development of the Diagnostic Breast Health elective for the Mayo Clinic Alix School of Medicine. Dr. Mussallem is Chief Executive Editor for the National Consortium of Breast Centers and Breast Wellness Magazine. Additionally, she serves on the Mayo Clinic Experience Committee and is an enterprise physician leader for Schwartz Rounds.

In recognition of her work, Dr. Mussallem has received many awards and honors, including being named 2021 Marquis Who’s Who in America Top Doctor for her leadership, dedication, and achievements in integrative oncology; 2020 Marquis Who’s Who in America; the Mayo Clinic Patient Experience award;

Mayo Clinic Florida's Hospital Instructor of the Year; Patients' Choice Award and Compassionate Doctor Award for 10 consecutive years.



**Latrina T. Geyer, PhD, MSN, RN, NPD-BC, NEA-BC**

Dr. Trina Geyer's professional nursing career spans over 27 years and includes diverse expertise in acute care nursing practice, public health nursing, academia, research, nursing professional development, and leadership. Trina received her BSN from West Chester University of Pennsylvania, MSN from La Salle University, and Doctor of Philosophy (PhD) in Nursing from Georgia Baptist College of Nursing of Mercer University. She is board certified in nursing professional development (NPD-BC) and nurse executive-advanced (NEA-BC) from the American Nurses Credentialing Center (ANCC). Trina currently serves as the Director of Nursing Leadership and Development for Emory Healthcare in Atlanta, GA and holds an adjunct faculty position in the Emory University Nell Hodgson Woodruff School of Nursing. She is also one of the developers and current program administrator for Emory's Building Resilience and Compassion Enculturation (emBRACE) Peer Support Program—an interprofessional peer-to-peer support program for health care and university employees, designed to mitigate burden, injury, and trauma for second victims.





**Virginia (Ginger) Pesata, DNP, APRN, FNP-BC.**

Dr. Pesata is an Adjunct Associate Professor at Colorado Technical University a Visiting Research Scholar at the University of Florida, College of Arts. She received a Doctor of Nursing Practice degree from George Washington University and two Master of Nursing degrees as both a Family Nurse Practitioner and Pediatric Nurse Practitioner. Her certifications include Family Nurse Practitioner-Board Certified and Nurse Executive Advanced-Board Certified by the American Nurses Credentialing Center. She has worked at many levels of nursing as a nursing assistant, licensed practical nurse, registered nurse, pediatric and family nurse practitioner, nursing administrator, research scholar, nursing faculty and program director, and in several settings in home health, community hospitals, academic medical centers, and universities. Her research studies include leadership, administration, health literacy and communication, and the integration of arts in hospital, communities, and global settings. She is a Fellow of the National Academies of Practice and received the 2018 Joyful Nurse Award.



**Charity Braddock, J.D.**

Charity Braddock is a Criminal Defense Attorney with the Public Defender Office for the Fifth Judicial Circuit. She received her bachelor's degree in Psychology with a minor in Criminal Justice from the University of North Florida and earned her Juris Doctor from the Thomas M. Cooley Law School in Lansing Michigan. She has been practicing Criminal Law for the past 11 ½ years. She is very passionate about helping people reach their maximum potential for a better life. Her goal is to develop a Second Chance Aftercare Program to assist ex-offenders to develop skills for success and reduce recidivist. She is also passionate about promoting self-esteem in young women.

On a personal note, Ms. Braddock currently resides in Florida with her husband Alvin. She enjoys writing poetry, serving as a volunteer attorney for teen court which is focused on diverting children from the criminal system, and coordinating family development community programs.



**Connie King, LMHC**

Connie King, a native Floridian, was born and raised in Marion County. She is passionate about mental wellness and self-care. In 2005 she earned a master’s degree in professional counseling with emphasis on marriage and family, consulting, special populations and school counseling from Webster University. She completed a BA in criminology/human services (2001) from Saint Leo University and an Associate degree in paralegal studies (1996) from the College of Central Florida.

A licensed mental health professional in the state of Florida and provider for Life Stance Health, Connie specializes in trauma and teaches a class on trauma informed care to educators on how to identify trauma in children.

An avid writer and researcher, Connie has published articles in professional publications bringing attention to the impact divorce has on girls, ethics in counseling and cultural competence. A Florida Supreme Court certified mediator and avid speaker she has spoken on the national and local level. In 2019 her TED Talk, “Why I talk to Strangers” shed light on the great disconnect among people and society.

A member of Delta Sigma Theta Sorority her life’s motto is, “To Stop Learning is to Stop Living.”



**Wanda Nichols, RN**

Wanda is the Program Coordinator for the Adult Cystic Fibrosis Center at UF College of Medicine Gainesville FL. Wanda has been a nurse for 30+ years. Her nurse career experience includes; unit manager, cardiac, sub-acute rehab, nursing education, CPR instructor, research coordinator, parish nurse, community health educator, health – wellness - medical advocate. Wanda loves to engage, empower and educate in the practice of life style medicine.

Wanda is most proud of being a mother and a Nana. She enjoys being near the ocean, pedicures, reading, art, and being with family and friends.

## ***PANELISTS***



**Joanne W. McNeil, DNP, RN**

Dr. McNeil is originally from Jamaica. She received her undergraduate degree in Nursing from the University of Florida, Gainesville. Joanne later obtained her Master of Science in Nursing degree from the State University of New York - Stonybrook and a Doctor of Nursing Practice from the University of South Alabama. Dr. McNeil's area of specialization is Executive Nursing Administration.

As a nurse leader, Dr. McNeil has embraced many challenges focused on improving the practice environment through staff engagement. She breaks down issues to their granular levels recognizing how each part plays a role in the complex overarching problem. Leveraging years of experience and education, she develops sustainable processes, systems, and solutions that enhance and improve outcomes for patients and nursing staff. She believes organizational commitment, job satisfaction,

and employees' mental and physical wellbeing are key drivers to improved outcomes. Currently Dr. McNeil manages the staff on the Urology and Abdominal transplant unit.

Joanne is the proud mother of four children whom she adopted and loves! Her passions outside of nursing are interior decorating, cooking and traveling. She recently returned from South Korea and is planning to visit Japan very soon!



**Jamie Dees, MSN, RN, CNL, BMTCN**

As a nurse at UF Health for 12 years, Jamie has been involved in nursing leadership for the past 8 years. She is the nurse manager of the Adult Blood and Marrow Transplant Unit at UF Health Shands in Gainesville FL.

Jamie's professional interests include clinical nursing development and nursing retention. Jamie is the mother to two wonderful and wild children under the age of 6.



**Kelly Guion, BSN, RN, NE-BC**

Kelly has been working in the healthcare field for over 20 years and as an RN since graduating from Mercy School of Nursing in 2003. From the start of her career Kelly has been passionate about patient care. Kelly served as a frontline nurse for 9 years in cardiac transplant at Carolinas Medical Center in Charlotte, North Carolina. During this time Kelly obtained her BSN from the University of Phoenix in 2009. After achieving her cardiovascular nurse certification from the ANCC in 2010 Kelly was designated as cardiovascular service line educator. In 2012 Kelly relocated to South Florida where she quickly discovered her calling and passion for leadership. Kelly worked as nurse manager of both a cardiac telemetry and stepdown unit at Wellington Regional Medical Center in Wellington, Florida. In this role Kelly discovered a passion for growing professional healthcare teams and individual caregivers by creating an environment of compassion and support, emphasizing the importance of caring for each other so we can provide the highest quality care to our patients and their families. Kelly continues this mission today as nurse manager of Heart One, two cardiac telemetry

units at Baptist Medical Center in Jacksonville, Florida. In 2021 Kelly was successful in gaining board certification in nurse executive from the ANCC.

In her personal time, Kelly enjoys traveling and spending time with her family which includes her husband, John, daughter, Grace, and grandson, Jackson.



**Veneree Hall, BSN, CMSRN, CCRN**



**Bryce Catarelli, DNP, APRN, FNP-C**

Dr. Catarelli is a clinical assistant professor whose primary teaching responsibility involves working with undergraduate students in both the clinical and didactic settings and with graduate students as co-tract coordinator for the family nurse practitioner program at the University of Florida College of Nursing.

As a family nurse practitioner, she has experience in internal medicine, geriatric medicine, and university student health, as well as pharmaceutical research. Her current scholarship interests focus on improving nurse retention and resiliency and reducing nurse burnout.



**Marousa Nookala**

Marousa Nookala is a pediatric nurse at Cleveland Clinic Children's for 13 years. She is a graduate of Cleveland State University with a BSN. When Marousa is not working, she spends her time with her husband, two little boys, and giant Saint Bernard puppy named Teddy.



**Carolyn Lightner, APRN**



**Tara Cornett, MSN, APRN, FNP-BC**

*Tara Cornett MSN, APRN, FNP – BC, Nurse Manager of Trauma / Neuro / Surgical ICU. Tara brings over 10 years of nursing and leadership experience that includes trauma stepdown, SICU, MICU, Clinical Quality Nurse Leader and Nurse Manager. Tara is born and raised in Florida and nursing is her 2<sup>nd</sup> career.*

*“Nursing has always been a passion and though it took longer to get into, I’m thankful to be where I am today. I enjoy helping and developing our newest nursing members to this rewarding career.”*



**Deirdre Shoemake, DNP, MSN, RN, ACNS-BC**



**Jennifer Woodcock, BSN, RN, CHRN**

Jenny Woodcock graduated in 2015 with her BSN from University of Massachusetts Boston. She has done inpatient care for medical, surgical and trauma patients at the intermediate level of care at Massachusetts General Hospital, then moved to Durham, NC in 2017 and began working with them at the intensive care level at Duke University Hospital (DUH) in the Surgical ICU.

Jennifer began working in hyperbarics as PRN staff in 2018 and transitioned to a full-time role in the beginning of 2019. She has been continuing her education in wound care and hyperbarics, takes part in hyper- and hypobaric research studies at DUH, as well as achieved the certification of CHRN in 2020.

Jennifer has been a member of the Baromedical Nurses Association since 2020 and currently holds the position of Jr. Director at Large.