The course examines the roles, traits, and contribution of the nurse in organizational leadership and managerial positions and as the lead advocate for people in their most vulnerable state. Its focus is the personal and professional development of the practicing nurses as mentors and coaches to the people they serve. Topics include servant leadership, emotional intelligence, active listening, building relationships, cultural awareness, conflict resolution, delegation, and team building. Students develop competencies and skills that will enable them to manage and lead effectively and have an opportunity to apply those competencies and skills in an appropriate health care setting. Prerequisite: NRS 307

Course Objectives:
Upon completion of this course, students will be able to:
1. Define nurse coaching.
2. Describe the nurse coaching process and its relationship to the nursing process and ANA scope and standards of nursing practice.
3. Identify Professional Nurse Coach Practice Competencies.
4. Develop coaching skills by providing supervised coaching to others, and by receiving individual coaching from a professional nurse coach. (20 - 24 clinical hours).
5. Utilize case studies and/or work examples to specify appropriate skills and strategies to delegate, resolve conflicts and foster team building.
6. Evaluate individual overall Wellbeing progress (using Gallop’s online Wellbeing Finder).

Required Text (3)
Authors: Hess, D.R., Dossey, B. M., Southard, M.E., Luck, S., Gulino Schaub, B., Bark, L.
Publisher: Silver Spring, Maryland, (2013)
ISBN: 1-57025-221-1

Text 2: Wellness Coaching for Lasting Lifestyle Change.
Author: Arloski, Michael, PhD, PCC
Publisher: Whole Person Associates, Inc. (2009)
ISBN: 1-57025-221-1

Author: Jenny Rogers (Third Edition)
Course Activities:
1. Experience individual coaching (Course Obj. 4).
2. Reflection papers (Guidelines will be provided) (Course Obj. 1, 2, 3, 6).
3. Group meeting (8 times during the 2 terms) (Course Obj. 4, 5).
4. Discussion (Course Obj. 1, 2, 3, 4, 5, 6).
5. Student nurses will practice coaching (Course Obj. 4, 5).
6. Student nurses will coach volunteers agreed upon with faculty and student (Course Obj. 4).
7. Instructor reserves the option to add activities as deemed necessary to improve class value.

Assignment One:

View the following Jim Loehr video. Dr. Loehr is co-author of the book, The Power of Full Engagement from NRS 307. The video is a little over one hour. You may even wish to watch it a couple of times…it has excellent information, very powerful.


Please read pages 1 – 47 of The Art and Science of Nurse Coaching. I would also suggest you read the beginning pages of this book, ix, xi, xiii, xiv, xv, xvi, xvii, xviii, xix and xx. This will introduce you to the new role of Nurse Coach. The American Holistic Nurses Association now offers certification in Nurse Coaching. Upon completion of this independent study, you will have completed some of the hours and training necessary to sit for the certification exam if you aspire to do so.

Lincoln: Meet on Tuesday, January 14th, 5:00 – 5:45. Please check the class board for the room number.

Grand Island: Meet on Thursday, January 16th, 5:00 – 5:45.

Grand Island: Tuesday Classes

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Jan. 21st</td>
<td>6:00 – 10:30pm</td>
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<tr>
<td>Feb. 4th</td>
<td>6:00 – 10:30pm</td>
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<tr>
<td>March 4th</td>
<td>6:00 – 10:30pm</td>
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<tr>
<td>April 1st</td>
<td>6:00 – 10:30pm</td>
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<tr>
<td>April 29th</td>
<td>6:00 – 10:30pm</td>
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Lincoln: Tuesday Classes

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<th>Date</th>
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<tbody>
<tr>
<td>Jan. 14th</td>
<td>6 – 10:30pm</td>
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<tr>
<td>Jan. 28th</td>
<td>6 – 10:30pm</td>
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<tr>
<td>Feb. 18th</td>
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<tr>
<td>March 11th</td>
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<td>April 8th</td>
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ALL FINAL PROJECTS DUE MAY, 2ND AT MIDNIGHT THROUGH DOANE EMAIL