

Getting Started with *Holistic* RN Patient Advocacy



Holistic

RN PATIENT ADVOCACY
TRAINING INSTITUTE



KAREN SANDERS, MSN, RN
CEO AND FOUNDER,
HOLISTIC RN PATIENT
ADVOCACY TRAINING
INSTITUTE

Helping You *Get Ahead*



IT IS NO SECRET THAT THE HEALTH-CARE INDUSTRY HAS ONLY BECOME MORE COMPLEX AND STRESSFUL.

I have spent the last 3 years immersing myself in activities to support patients and families as a Holistic RN Patient Advocate. This time “in the trenches” has not only benefited me in staying engaged with nursing, but has also given me the experience-based tools that will help other nurses discover the next step of their own careers. Nurses have functioned as

advocates from the beginning of nursing. The blueprint that I have created from my own experience will provide relevant and functional tools in holistic patient advocacy for those nurses who recognize the tremendous potential of the RN Patient Advocate responsibility as well as the vital nature of the holistic perspective.

My hope is that my 40 years of nursing experience, combined with the framework and guidance I am ready to provide for Holistic RN Patient Advocates, will support nurses now while providing me

with a lasting legacy among my peers. Holistic RN Patient Advocacy has the tremendous potential to move away from the negativity of the American healthcare system and restore focus on the service, compassion, and care that we all recall as the reason we chose this path for our profession.

Are you ready?

Karen Sanders, MSN, RN, AHN-BC,
HWNC-BC
Founder, Holistic RN Patient Advocacy
Training Institute

Our Core *Holistic Program*



Private Practice Prep

This program is designed to train Holistic RN Patient Advocates, with an interest and background in "Holistic Nursing" or "Holistic Nurse Coaching," to go into Private Practice.



Nurse Coaching

We will teach Registered Nurses how to advocate for patients and families in any setting using a holistic coaching approach, powerful questions, and conflict management skills.



Truly Holistic Emphasis

The underpinning of this program is holistic, honoring the integration, balance and harmony of **mind, body, spirit, emotions, environment, and finances** for optimal well-being.



Based in Reality

Skilled Registered Nurses know that all training programs have to be grounded in the real world. With more than 40 years of nursing experience, Karen brings that understanding to this experience.



Rapid Results

Focusing your efforts on our proven methods and techniques will bring results faster than many of the other options for your self improvement. Learn, go, and grow at your pace.



That Get You to Your Goals

Whether you are planning to make your next move or are already there and need help, this innovative program helps you go from where you are to where you know you want to be!

Key Points *to Success*

1 We are bringing together two of the most innovative and experienced Nurse Coaches/Teachers in the Holistic Nursing community

You'll sit IN the room with these key, nationally recognized healthcare experts to learn and build lasting relationships.

2 There is no guesswork with our program. We have refined it and perfected it over time so that you get started with a proven path that works.

3 We limit the number of students to less than 15 so that each person gets hands-on, personal experiences.

4 We know how in-demand RN Patient Advocates are within the healthcare industry. We're ready to connect you to opportunities right away.

5 Your experience does not end when the class wraps up. Continue with us to learn and be mentored.

IN NORTH CAROLINA, THERE ARE MORE THAN 2 MILLION PEOPLE OVER THE AGE OF 60 RIGHT NOW.

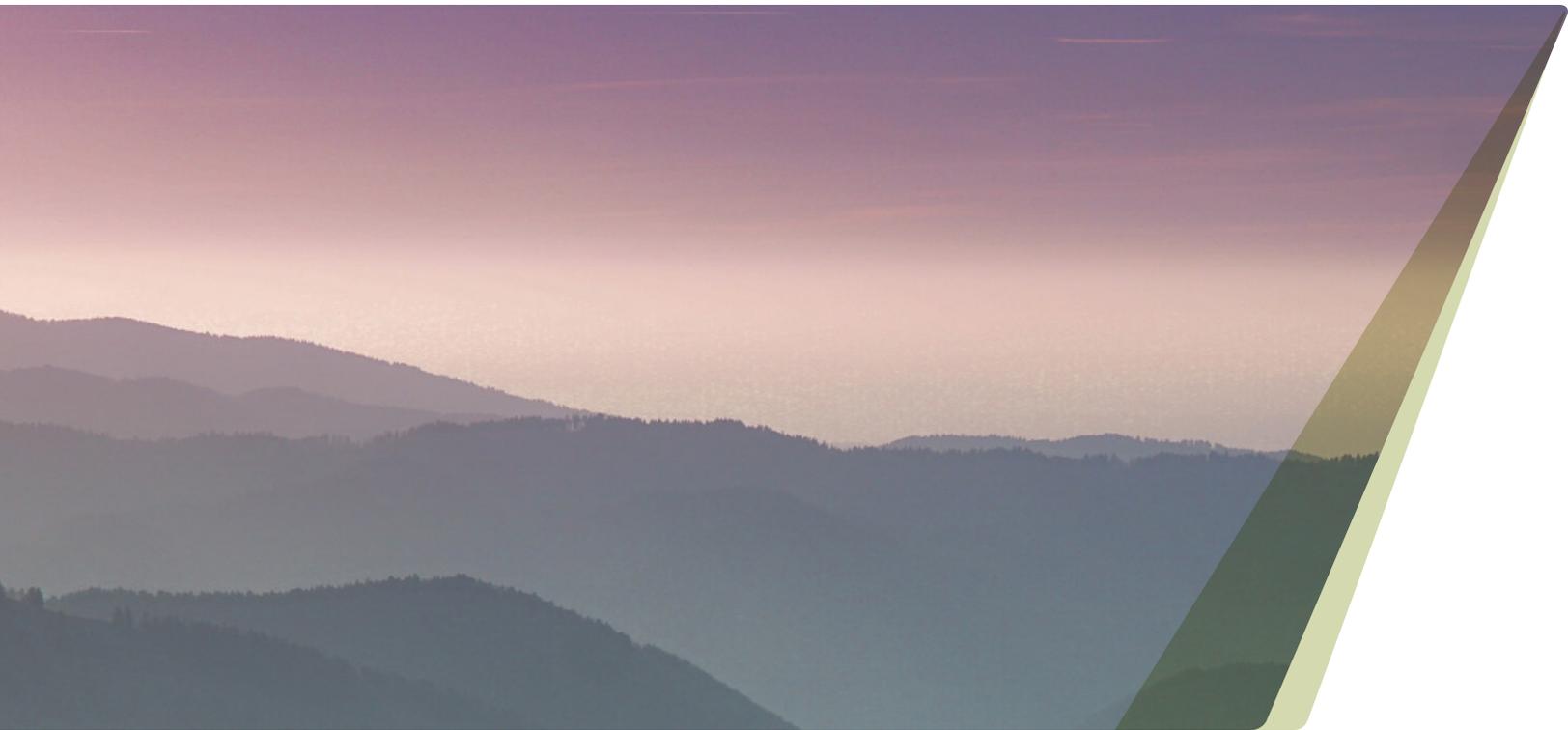
THIS NUMBER WILL ONLY INCREASE IN THE NEXT SEVERAL YEARS - A 50% INCREASE IN JUST THE NEXT TWENTY YEARS.

THIS POPULATION HAS MORE CHRONIC DISEASE AND REQUIRES MORE MEDICAL ASSISTANCE THAN ANY OTHER AGE.

WE HAVE A BROKEN HEALTHCARE SYSTEM.

THE PATIENT ADVOCACY ROLE IS UNDERSTAFFED AND IN INCREDIBLY HIGH DEMAND.

WE WOULD LOVE TO HELP YOU BECOME A HOLISTIC RN PATIENT ADVOCATE.



What Our Students *Share*

Karen is extremely knowledgeable about this subject and brings her own experiences to highlight the discussions.

Karen does a great job of managing each subject and injecting current stories about whatever the subject is that day.

It was an eye-opener and so necessary in today's world of health care.

Our instructor was very well informed on a myriad of health issues, and she also skillfully supplemented with other knowledgeable health care advocates.

Begin the journey with us in the Blue Ridge Mountains of Asheville, where you'll experience:

- **a Two Day Nurse Coaching Intensive**
- **a Two Day Holistic RN Patient Advocacy Training**
- **the bond of working in a small cohort of your peers**

The next six months include ongoing, online training and support for both Nurse Coaching and RN Patient Advocacy Training for a total of 60 Contact Hours!



Asheville is a leading destination for people who want to experience some of the most beautiful things our world has to offer.



The best value... that I have had to date. There was an abundance of relevant and engaging course material, presented by individuals who are experts in their field.



THE NEED FOR RN PATIENT ADVOCATES HAS SKY-

ROCKETED as our healthcare system has become more difficult to negotiate, less integrated, stressful and silo driven. Due to the high level of autonomy and independence when nurses enter private practice, many struggle to get a firm foundation that they can grow from. This course will teach nurses the basic principles of Holistic Nurse Coaching, Holistic Nursing, the role of Holistic RN Patient Advocates, and how the role of advocacy for patients and families is vital in all healthcare settings including but not limited to, Minute Clinics, Urgent Care Centers, Emergency Departments, Acute Care Hospitals,

Rehabilitation Hospitals, Home Health, Skilled Nursing and Assisted Living Facilities, Palliative Care, Hospice Home Settings and any other place where patient care is delivered.

Using a Nurse Coaching framework, this course will teach Registered Nurses how to advocate for patients and families in any setting using a holistic coaching approach, powerful questions, and conflict management skills.

Against the backdrop that medical errors are the third leading cause of death in the US, these Holistic RN Patient Advocacy students will learn that 80% of all errors occur at handoff between healthcare

organizations, MD Offices, and between healthcare providers. Using basic principles of Holistic Nurse Coaching and Holistic Nursing and key provisions of the North Carolina Nurse Practice Act, the ANA Code of Ethics for Nurses, the American Holistic Nurses Association, and the American Hospital Association's Patient Bill of Rights, the experienced Registered Nurse will learn key steps for working as a Holistic RN Patient Advocate as a solo practitioner and setting up a private practice.

The underpinning of this workshop is holistic, honoring the integration, balance and harmony of mind, body, spirit, emotions, environment, and finances for optimal well-being.

•4 Days In Person: October 5, 6, 7, 8, 2019

•6 Months of Ongoing Training provided by BOTH the Nurse Coaching Intensive AND the RN Patient Advocacy Training

•60 Total Contact Hours

•\$4,995 for the first 8 students

•\$5,495 for the remaining 7 students

•Six months' no interest available via Paypal!

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I launched my Holistic RN Patient Advocacy business and can no longer keep up with the demand!



Karen Sanders, MSN, RN

I STARTED MY HOLISTIC RN PATIENT ADVOCACY BUSINESS A FEW YEARS AGO. It was exciting, stressful, and terrifying all at the same time. As a Registered Nurse, I knew that my career would be spent helping people get the most out of their own lives. By going into private practice, I knew I was stepping into the signature of my soul by working as an RN Patient Advocate and a Holistic Transitions Coach. I wanted to fight for my patients and do it on my own terms.

If you have never started your own business, you probably have a lot of questions and concerns. I did, too. When I got started, I made some mistakes - a LOT of mistakes, actually! But interest in what I was doing was never a problem.

Once I got my bearings, my private practice began to thrive. I had a waiting list of potential patients to talk to in a very short period of time. In every situation where I hit a roadblock, I relied on my network of dedicated friends, colleagues, guides and angels, to find the answer.

Over time, I ended up with what was clearly an operating guide for how to thrive as a Holistic RN Patient Advocate. This was one more key place where I could fulfill my mission of helping others get the most out of their own lives. That's why I'm sharing this with you.

I will take you through the steps you need to launch your own Holistic RN Patient Advocacy practice. It will be my honor and privilege to encourage, support and nurture you in this new life journey.

// By serving as guides and helpers to our patients and families, we will return the focus of healthcare to **a more nurturing, loving and caring environment.**

NURSE COACHING IS AN ART THAT WE HAVE TURNED INTO A SCIENCE. Nurses have had tremendous trust and authority in their patient relationships, but many didn't know what to do with it or how to properly recognize it. We discovered that this trust manifested itself in many different ways:

- Nurses were frustrated that patients didn't hear what they were saying.
- Patients didn't follow guidance.
- Patients weren't showing up when they were supposed to.

All of this frustration meant that it was harder to do what you really loved: help people restore their health and live their best lives. Once we acknowledged this gap, we knew that we could use our personal experiences and a tremendous amount of

trial-and-error to address them. This became the core foundation of what we did. Today, it forms the groundwork for a variety of different and fascinating specializations.

At Wisdom of the Whole, we are in the business of helping nurses step into the role of Nurse Coaches. I am bringing our foundational experience to this fun and exciting in-person training program so that you can quickly develop the skills you need from a holistic/integral perspective.

Together, we will cover these topics in ways you've never experienced before:

- Setting the Foundation: ethical guidelines, professional standards, and setting coaching agreements

- Co-creating the Relationship: establishing trust and intimacy, coaching presence

- Communicating Effectively: active listening, powerful questions, direct communication

- Creating New Awareness: identifying and making mental shifts in awareness, uncovering unexpressed motivations, empowering clients to change their story

- Facilitating Learning and Results: creating awareness, designing actions, planning and goal setting, managing progress and accountability

- Stages and maps of change

- Mind, body, spirit coaching principles



Stepping out on your own can be intimidating, but **we are here to guide you along the trail that we have blazed for you!**



Dr. Linda Bark

I founded the ORIGINAL Nurse Coach Training Program and have helped hundreds to find and pursue their passions!



WISDOM OF THE WHOLE
COACHING ACADEMY



Who is the *Ideal* Student?

- 1** Registered Nurse with at least 15 years of experience, a valid North Carolina or other State Board of Nursing license, with no pending disciplinary actions
- 2** Professional who speaks with passion and wants to make positive changes in themselves by doing this great work and also in the lives of patients and families with whom they touch
- 3** A caring individual who truly seeks to help those around them by doing what it takes to get them the support they need the most
- 4** Someone who wants to expand the amount of light and kindness in the world by interacting through positivity and generosity.

Ready to *learn more?*

We welcome you to join us in the creation of a new professional path with love, encouragement, courage and nurturance.

RN Patient Advocacy of NC

Phone (828) 778-8882

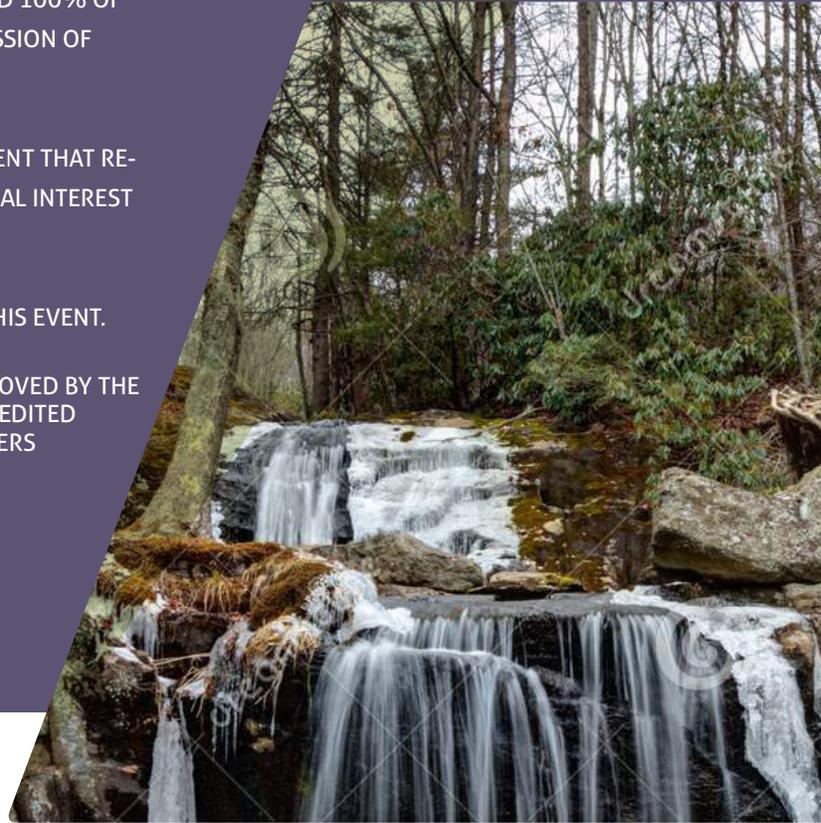
E-mail Karen@RNPatientAdvocacyNC.com

PARTICIPANTS MUST ATTEND 100% OF ALL LIVE CLASSES AND 100% OF ALL ZOOM/INTERNET MONTHLY CLASSES, INCLUDING SUBMISSION OF COURSE EVALUATION, TO RECEIVE 30 CONTACT HOURS.

THIS EDUCATIONAL ACTIVITY DOES NOT INCLUDE ANY CONTENT THAT RELATES TO THE PRODUCTS AND/OR SERVICES OF A COMMERCIAL INTEREST THAT WOULD CREATE A CONFLICT OF INTEREST.

THERE IS NO COMMERCIAL SUPPORT BEING RECEIVED FOR THIS EVENT.

THIS CONTINUING NURSING EDUCATION ACTIVITY WAS APPROVED BY THE AMERICAN HOLISTIC NURSES ASSOCIATION (AHNA), AN ACCREDITED APPROVER BY THE AMERICAN NURSES CREDENTIALING CENTERS COMMISSION ON ACCREDITATION. AHNA#1432.



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