







Nurses Influential Leadership Lab



WEEKS ONE & TWO



COMPLETE	ACTION ITEM	MODULE/LESSON	DETAILS	NOTES
	Purchase or create an actual or digital journal	M1, L2	Use a journal to reflect on your experiences throughout this course	
	Practice 5 minute visioning exercise daily	ML, L1-2	Refer to the visioning exercise in the bonus material section	
	Create weekly or bi-weekly SMART action steps	M1, L2	Create a powerful action step weekly or bi-weekly that you will take to successfully complete this course	
	Explore the drama triangle	ML, L2	Reflect on what you can do to release guilt, blame and shame from your personal and professional life.	
	Complete the Wellness Inventory	M1, L2	Review the presentation by Jim Strohecker in the bonus material to assist with the Wellness Inventory.	
	Implement a time management strategy	M1, L3	Using Steve Covey, Rory Vader or a technique that you already have-refine your time management skills	

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WEEK THREE








COMPLETE	ACTION ITEM	MODULE/LESSON	DETAILS	NOTES
	Practice 5 minute visioning exercise daily	ML, L3	Refer to the visioning worksheet	
	Create weekly or bi-weekly action steps	ML, L3	Create a powerful action step weekly or bi-weekly that you will take to successfully complete this course	
	Examine Steve Covey's Time Management Strategy	M1, L3	Realize where in the time management strategy you land. Refine your process until greater than 80% of your time is spent on important, but not urgent activities.	
	Choose a restorative practice to integrate into your daily or weekly routine	M1, L3	By choosing a restorative practice on your own, you are more likely to commit to it. Examples of practices include exercise, meditation, play etc.	
	Post anticipated completion date of the Nurse Leadership Plan	M1, L3	Declare and post your anticipated completion date of your Nurse Leadership Plan on our private Facebook group! You can find the Nurse Leadership Plan in your bonus material.	

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WEEKS FOUR THRU SIX



COMPLETE	ACTION ITEM	MODULE/LESSON	DETAILS	NOTES
	Practice 5 minute visioning exercise daily	M1, L1-2	Refer to the visioning worksheet	
	Create weekly or bi-weekly action steps related to the coaching process.	M2, L1	Create a powerful action step weekly or bi-weekly related to the deliberative dialogue process	
	Practice the steps of the coaching process. Setting the Foundation Co-Creating the Relationship Facilitating the Process Creating meaningful Action Steps	M2, L1-L5	Refer to the cheatsheets in the bonus material for guidance. Listen to the audio recording of a coaching session as well.	
	Use the OARS process of Motivational Interviewing	M2, L1-L5	The Using Powerful Questions cheatsheet is a good foundation.	
	Do 3 buddy coaching sessions-post on Facebook when you've done all 3!	M2, L1-L5	Refer to your cheatsheets on Buddy Coaching to assist.	

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WEEKS SEVEN & EIGHT



COMPLETE	ACTION ITEM	MEDULE / LESSON	DETAILS	NOTES
	Practice 5 minute visioning exercise daily	M1, L1	Refer to the visioning worksheet	
	Create weekly or bi-weekly action steps	ML, L1	Create a powerful action step weekly or bi-weekly that you will take to successfully complete this course	
	Become familiar with the deliberative dialogue process	M3, L1-4	Check out nifi.org and other reputable sites to better understand this process.	
	Choose a health policy issue that you would like to address through deliberative dialogue	M3, L3-4	What might you from where you are be able to do to impact this issue? How can you partner with other providers to develop health policy?	
	Start laying a foundation as if you were moderating a deliberative dialogue session	M3., L4	Review your slides, the youtube videos, the sources of information to create your own lesson plan for putting together a deliberative dialogue session for your colleagues.	

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WEEKS NINE & TEN



COMPLETE	ACTION ITEM	MODULE/LESSON	DETAILS	NOTES
	Practice 5 minute visioning exercise daily	M1, L1	Refer to the visioning worksheet	
	Create weekly or bi-weekly action steps	M1, L1	Create a powerful action step weekly or bi-weekly that you will help you critique the socio-cultural influences of health in nursing	
	Explore biases & microaggressions	M4, L1	Study personal, institutional and cultural biases that you have encountered. In what ways have these shaped your interactions with others?	
	Participate in online group deliberative dialogue	M4, L2	Share on our private Facebook page or publicly actions that you are taking to be informed, and empowered.	
	Critique the Social Determinants of Health and Privilege	M4, L3	How have the SDH either benefited you or hindered you in your progress towards success? How has privilege impacted your life?	
	Baltimore: A Case Study	M4, L3	Work through a case study on Baltimore's gay and HIV positive population	
	Practice Inclusion & Civic Engagement	M4,L4	Choose an activity in which you can be a global citizen. Express how you can practice inclusion daily.	

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WEEKS ELEVEN & TWELVE



COMPLETE	ACTION ITEM	MODULE/LESSON	DETAILS	NOTES
	Complete your course requirements			
	Complete your 3, 15 minute buddy coaching session and 1 with me			
	Complete all journaling and reflection exercises			
	Complete the Baltimore Case Study		Refer to the Bonus Material for Baltimore Case Study Worksheet	
	Complete your deliberative dialogue session		Refer to Bonus Material for Deliberative Dialogue Plan	
	Complete the Nurse Leadership Plan		Refer to Bonus Material for Nurse Leadership Plan	
	Celebrate, celebrate, celebrate!!		YOU DID IT! HOORAY!	