

# WONE 2018 Annual Convention



## Creating and Sustaining a Culture of Resilience: Priorities for Today's Health Care Leaders

**April 4-6, 2018**

Best Western Premier Waterfront Hotel  
and Convention Center  
1 N. Main Street  
Oshkosh, WI 54901  
1-855-230-1900

### **Who Should Attend:**

Nurse executives, nurse managers and anyone else with responsibility for leading nurses. You do not need to be an RN or a member of WONE to attend this event.

## Conference Information

### Conference Cancellation Policy

Cancellations received in writing up to seven business days prior to an event will be given a full refund. No refunds will be given for cancellations received less than seven business days prior and day-of-program no-shows. Substitutions are accepted.

### Special Needs

In accordance with the Americans with Disabilities Act, the Wisconsin Organization of Nurse Executives seeks to make this conference accessible to all. If you have a disability which might require special accommodations or have any dietary restrictions, please e-mail your needs to Kayla Chatterton at [kchatterton@wha.org](mailto:kchatterton@wha.org) or call 608-274-1820 by **March 14, 2018**.

### Hotel Accommodations

Best Western Premier Waterfront Hotel & Convention Center  
1 N Main Street, Oshkosh, WI 54901  
Phone: 1-855-230-1900

### Lodging Information

A block of rooms for the WONE Annual Convention has been reserved April 4 and April 5, at Best Western Premier Waterfront Hotel & Convention Center in Oshkosh. Contact the hotel at 1-855-230-1900 to reserve a room before March 14, 2018; be sure to ask for a room in the "2018 WONE Annual Convention" group block. The room rate for April 4 and April 5 is \$104.99 per night plus tax for a single room with two queen beds.

**Final cut-off date for room reservations is March 14, 2018.** Rooms at the group rate are available on a first-come basis. Reservations require a deposit (cash or credit card) equal to the cost of the first night's stay.

### Prize Drawings and Silent Auctions

The WONE Marketing Committee is sponsoring giveaways and a silent auction during the conference. Please remember to bring your hospital logo items for the giveaways and any non-logo items (valued at \$40 or more) to include in the silent auction. If you have questions, email Laura Hieb, WONE Marketing Committee chair, at [lahieb@bellin.org](mailto:lahieb@bellin.org).

### Continuing Nursing Education

This activity has been submitted to WNA CEAP for approval to award contact hours. The Wisconsin Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

## Registration Information

### 2018 Registration Options and Fees:

- WONE Member, Full Convention: \$250 per person
- Non-Member, Full Convention: \$300 per person
- Full-Time Student\*: \$200 per person  
*\*NOTE: "Full-Time Student" is defined as either graduate or undergraduate student taking 12 or more credits at the time of the event. Proof of student status may be requested.*
- Thursday Dinner Guest: \$40 per person

### Online Registration ONLY

All registrations can be made online at:  
<http://www.cvent.com/d/3tqsyv>

After you have registered online, you will receive a receipt, which you can print out and use to submit to your organization for payment via check or reimbursement. Payment can be made online with VISA or MasterCard, or you can follow up with payment by check.

If paying by check, print registration receipt and mail it, along with your check made out to "WONE" to:

WONE, Attn: Kayla Chatterton  
c/o WHA  
PO Box 259038  
Madison, WI 53725-9038

### Planning Committee Members

Dena Jarog, DPN, RN, CCNS (Chair)  
Dennise Lavrenz, MBA, RN, CENP (co-chair)  
Krista Berger, MSN, RN  
Mindy Brancamp, MSN, BSN, RN  
Terri Buckett, MSN, RNC-OB  
Lori Cardinal, BSN, RN  
Cheryl DeVault, MSN, BSN, RN  
Tracy Galione, MSN, MBA, BSN  
Amy Hermes, MSN, BSN, ADN  
Deb Jenks, PhD, MSN, BSN  
Doris Mulder, MBA, BSN, RN, CENP  
Kris Rabenold, DNP, MSN, RN, NEA-BC, CNML  
Anna Schaub, MSN, MHA, RN  
Ann Zenk, MHA, BSN, RN  
Sherry Collins, BA  
Kayla Chatterton, BA

## Keynote Speakers

**Diane Sieg, RN, CYT, CSP** worked in emergency rooms across the country for 23 years. Today, as a speaker, author, life coach, and yoga teacher for the last 20 years, she brings resilience skills to organizations through her keynotes, seminars, and coaching. She earned her Certified Speaking Professional (CSP) in 2009, the highest designation for professional speakers in the National Speakers Association. She is the author of two books, *STOP Living Life Like an EMERGENCY!* and *30 Days to Grace, a Daily Practice to Achieve Your Ultimate Goals*. Diane also created The Resilience Academy and leads retreats around the world.



Diane Sieg, RN



Kelly Swanson

**Kelly Swanson** is an award-winning storyteller, comedian, motivational speaker, author (*Who Hijacked My Fairy Tale, The Land of If Only, The Gutsy Girl's Pocket Guide to Public Speaking, You. Your Story. Make An Impact.*). Her work has been featured in extensive online and print publications, and has won awards from the Film Advisory Board of Hollywood and the National Association of Parenting Publications. She was a featured entertainer for Holland America Cruise Lines. She speaks in over 70 venues a year, leaving a trail of happy customers and fans. With wacky wit, powerful stories, and a message you can take back and use on Monday, Kelly creates unforgettable, hilarious, and inspiring motivational keynote programs that help you master the art and business of story to have more impact and influence in your life and in your work.

## Agenda

### Wednesday, April 4, 2018

- 4:15 – 6:15 pm **WONE Board Meeting**
- 5:00 – 7:00 pm Registration Open
- 4:30 – 6:30 pm Vendor Set-Up
- 6:15 – 7:30 pm Networking Reception

### Thursday, April 5, 2018

- 6:00 – 7:00 am Vendor Set-Up
- 7:00 – 8:30 am Breakfast / Visit Exhibitors / Registration Open
- 8:00 – 8:25 am **New Member Meeting with WONE Board Members**
- 8:35 – 8:45 am **Convention Welcome**
- 8:45 – 10:00 am **Leading in Challenging Times: The 7 Habits of Highly Resilient Nurse Leaders**  
*Diane Sieg, RN, CYT, CSP, author, speaker, coach, nurse*

The challenges in health care today require an intervention, and resilience is the intervention. Resilience is not a one-time event. It is our thoughts, feelings, and attitude and determines how we show up every day.

In this program, you will learn the seven habits of highly resilient nurses, which include engagement, extreme self-care, moral courage, and mindfulness. Learn how to implement the habits immediately into your work and your life. Sieg will challenge and inspire you to reclaim your passion and pride for nursing. Using real-life stories from her 23 years as an emergency room nurse, speaker, author, life coach and yoga teacher, she will help you understand the importance of mindfulness, resilience, and compassion, reminding you why you chose this noble profession and why you stay.

- 10:00 – 10:30 am Break / Visit Exhibitors
- 10:30 am – 11:45 am **Leading in Challenging Times: The 7 Habits of Highly Resilient Nurse Leaders (continued)**
- 11:45 am – 1:15 pm **Luncheon WONE Annual Business Meeting Visit Exhibitors**
- 1:15 – 2:15 pm **Legislative and Policy Priorities for Health Care Leaders**  
*Ann Zenk, RN, MHA, Vice President of Workforce and Clinical Practice, Wisconsin Hospital Association*

Hear up-to-date information on legislative and regulatory issues that impact nurses, nursing practice and nurse executives. From the state budget and the federal fiscal situation, to enacted and proposed legislation, attendees will learn and understand what is at stake for health care in 2018.

## Agenda (continued)

2:15 – 2:45 pm Break / Visit Exhibitors

2:45 – 3:45 pm **Finding Clarity, Purpose, and Balance in the Day to Day**  
***Learning How to Prioritize a Heavy Workload***  
*Kelly Swanson, author, speaker, coach*

Feeling overwhelmed? Not enough hours in the day? Have a great plan in place but now all these other unexpected things pop up? Feel like everybody needs something from you NOW! Yeah. You're not alone. In this session, Swanson shares her own plan for navigating those busy waters - for staying productive and staying sane. With the majority of our lives spent at work, why not spend them happier? Learn some action steps you can start using on Monday that will help find clarity and purpose for prioritizing an overwhelming schedule.

3:45 pm Adjourn for the day

6:00 – 8:00 pm **Networking Reception and Award Dinner with presentation of WONE Nurse Leader of the Year Award**

### Friday, April 6, 2018

7:30 – 8:30 am Breakfast

8:30 – 10:00 am **Build a Culture of Resilience**  
*Joan Meadows, Senior Director, The Advisory Board Company*

Leaders can't readily fix an increasingly complex and uncertain care environment. This session will examine some stress "trigger points" exacerbating frontline burnout that leaders can control, along with strategies and best practices to enable staff to remain flexible, agile and effective in the face of challenge.

10:00 – 10:15 am Break

10:15 – 11:45 am **Who Hijacked My Fairytale?**  
***Staying Passionate, Productive, and Peaceful During Times of Stress and Change***  
*Kelly Swanson, author, speaker, coach*

A hilarious and powerfully motivating program based on Swanson's book, *Who Hijacked My Fairy Tale?*, which focuses on busting the negative mindsets that block the path to peace and prosperity. You will be inspired, and get a fresh perspective on your own life as you learn Swanson's six secrets for rewriting your inner script to help you deal with stress and change so that you and your teams can be more productive and more positive – laughing the whole way.

11:45 am – 12:00 pm **Marketing Prizes Awarded / Wrap Up**

12:00 pm Convention Adjourns