Approval Authority Date: Month/Day/Year

Company

Address

City, State Zip

**Request for Professional Developmental Support:**

**Life Checkup Holistic Playshop & Wellness Retreat**

To the Attention of: \_\_\_\_\_\_\_\_\_\_

Job Title

I, \_\_\_\_\_\_\_\_\_\_, (*your current job title*) am requesting professional development support to enhance my nursing skills and meet my continuing education requirements. This funding will cover the costs of attending the 2020 Life Checkup - Holistic Playshop & Wellness Retreat, held March 20-22, 2020, in Schulenberg, TX. This retreat offers an assortment of education and learning opportunities that provide invaluable information and skills that can be used to enhance the profile of our organization and benefit the entire nursing staff.

Therapeutic Professionals’ follows the national standards of AHNA including holistic nursing education, research and practice in all aspects of holistic caring and healing. Attending this conference has the following benefits to (*your place of employment*):

• ***Education*** through an AHNCC-approved continuing nursing education (CNE) provider about effective holistic, complementary and integrative health care. This continuing education can be used for regular licensures and holistic certification. I am particularly interested in learning about \_\_\_\_\_, which can be used in the hospital to improve patient outcomes. The U.S. Military has adopted many of these skills and they fall in line with the Department of Health and Human Services “Opioid Strategy” by learning more about evidence-based pain care alternatives to opioids.

• ***Self-Care and Burnout Prevention*** techniques will improve my ability to cope with difficult situations in nursing and sharing these skills with my colleagues leading to a healthier workplace. I am happy to serve as a resource to my colleagues’ upon return, ensuring that we all perform optimally.

This is especially important because, According to the February 20, 2019 survey by AMN Healthcare, 41% of RNs are victims of bullying, incivility or other forms of workplace violence – another 27% say they’ve witnessed workplace violence, 66% worry their job is affecting their health, and 44% say they often feel like quitting. Self-care skills has been shown to have a positive effect on nurse burnout, which in turn helps (place of employment), prevent turnover, saving (place of employment) funds.

• ***Community Building*** with other nurses from across the country and the world will help (place of employment) remain on the leading edge of holistic nursing and self-care research, practice and education and provide quality resources when we require assistance.

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| **Expenses:** | **Cost** |
| Early Registration | $497 |
| Regular Registration  | $560 |
| Estimated Cost of Airfare | \_\_\_\_\_\* |
| Accommodation, meals and CNE included in registrationMassage Therapy $85  |  |
| Zip Lining | $35 |
| **Total Conference Costs** |  |

\*Price of Life Check Up registration varies based on date of registration. Airfare costs will vary depending on airline and departure destination.

This retreat represents a maximum of 16.5 contact hours of continuing education in the specialty of holistic nursing, stress management and self-care. Information about Therapeutic Professionals can be found at: [www.nurseretreats.com](http://www.nurseretreats.com)

Sincerely,

First Name Last Name

Job Title