



Magnet Recognition and
Professional Development Council



2025 NURSING GRAND ROUNDS

STRONG at HEART: Building Resilience in the Nursing Profession

Join us for an empowering and restorative event dedicated to nurturing resilience among nurses. In recognition of the challenges nurses face daily, this event highlights practical strategies and support systems designed to sustain well-being and promote healing in the workplace. Featured presentations will include the "Code Lavender" program—a rapid response for emotional and spiritual support—and the UCSF Wellness Project, a comprehensive initiative fostering holistic well-being for healthcare professionals. The event will conclude with a dynamic panel discussion featuring frontline nurses, wellness leaders, and mental health experts, offering diverse perspectives on sustainable resilience in nursing.

Program Objectives:

- Identify practical tools and approaches to build personal and team resilience in the face of ongoing workplace stressors
- Engage in meaningful dialogue with peers and experts about the realities of burnout and the importance of systemic support for healthcare professionals
- Explore ways to advocate for wellness initiatives in your own practice environments



Thursday, May 8
0900-1100

2001 The Embarcadero, 1st Floor
San Francisco, CA 94143
and virtually on Zoom

Register:
Nursing
Connect

