

Coming January 2023:  
*Fully Virtual, Self-Paced Course*

# RN P.R.E.P.

*(Personal Resilience Enhancement Plan)*

***RN P.R.E.P. is an  
evidence-based  
course to promote  
Professional Well-  
Being in Nurses  
and Nursing  
Students***



***Dr. Tese Stephens***

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My research and work in RESILIENCE began in 2008 with an interest in better preparing new nurses for the realities of a healthcare career. I quickly learned there was a lack of evidence and understanding about the concept which led me to develop the ***Stephens' Model of Resilience.***, the foundation of ***RN P.R.E.P.***

After many years of presenting ***RN P.R.E.P.*** in multiple formats, many have requested it be made available as a virtual course for larger groups and for integration into curricula.

This fully virtual, self-paced version can be used as a stand-alone course or as a supplement to an already established program, nurse residency, and/or professional development offering.

***\*Content is consistent with AACN's New Essentials (2021) and CCNE's Entry to Practice Residency Standards (2021).***

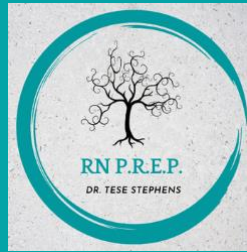
**Licensed Nurses (6 CEs) \$40**

**Student Rate (No CEs) \$20**

***\*Group Discounts available***

***This nursing continuing professional development activity was approved by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.***

**Personal Resilience Program** designed specifically *for Nurses*  
*by a Nurse* who is a Leading Expert in this area.



*All content taught by Dr. Tese Stephens*  
*\*Course Workbook Provided*

## Course Outline

<p><b>Module 1</b> (30 minutes)</p> <ul style="list-style-type: none"> <li>• Why Resilience?</li> <li>• Beyond Surviving: Learning to Thrive</li> <li>• Professional Fulfillment &amp; Personal Well-Being</li> </ul>	<p><b>Module 2</b> (30 minutes)</p> <ul style="list-style-type: none"> <li>• Increasing Personal Resilience</li> <li>• Personal Risk Assessment</li> </ul>
<p><b>Module 3</b> (30 minutes)</p> <ul style="list-style-type: none"> <li>• Personal Protective Factors</li> </ul>	<p><b>Module 4</b> (30 minutes)</p> <ul style="list-style-type: none"> <li>• The 4 P's of Personal Resilience</li> </ul>
<p><b>Module 5</b> (30 minutes)</p> <ul style="list-style-type: none"> <li>• Purpose</li> </ul>	<p><b>Module 6</b> (30 Minutes)</p> <ul style="list-style-type: none"> <li>• Priorities</li> </ul>
<p><b>Module 7</b> (30 minutes)</p> <ul style="list-style-type: none"> <li>• Perspective</li> </ul>	<p><b>Module 8</b> (30 minutes)</p> <ul style="list-style-type: none"> <li>• Personal Responsibility</li> </ul>
<p><b>Module 9</b> (30 minutes)</p> <ul style="list-style-type: none"> <li>• Putting it All Together</li> </ul>	<p><b>Module 10</b> (30 minutes)</p> <ul style="list-style-type: none"> <li>• Living a Life on Purpose</li> </ul>
<p><b>Module 11</b> (30 minutes)</p> <ul style="list-style-type: none"> <li>• Building &amp; Leading Resilient Teams</li> </ul>	<p><b>Module 12</b> (30 minutes)</p> <ul style="list-style-type: none"> <li>• Next Steps</li> </ul>