

AN INTERACTIVE SEMINAR

The Heart of the Matter: Kindness is Medicine

Manage Stress. Avoid Burnout. Build Resilience.

In this powerful keynote, *The Heart of the Matter*, social entrepreneur and leadership expert Cheryl Rice shares vital strategies for cultivating well-being and positive relationships.

Participants will gain relevant strategies for:

- self-care
- self-talk
- self-compassion
- and, proven techniques for strengthening connections with others.



Cheryl Rice, MS, PCC

is President of Cheryl Rice Leadership. Her speaking, coaching, and writing practice is devoted to helping women claim their personal power and become leaders in their own lives.

THIS SEMINAR IS FOR:

- Nurses & Nurse Practitioners
- Nursing Students
- Healthcare Professionals

SEMINAR DETAILS:

- 60-minute interactive session
- Ideal for keynote, seminar, workshop, lunch and learn, or conference session

“Compelling, engaging, and relevant. I highly recommend Cheryl and this seminar.”

— Dean Villarruel,
School of Nursing
University of Pennsylvania

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