Precon -- Introduction to the Art and Science of Integrative Nurse Coaching and Nurse Coach Self-Development

Larraine M. Bossi, RN, MS, NC-BC
Associate Faculty
International Nurse Coach Association, Integrative Nurse Coach Certificate Program
Reiki Instructor, Boston Children's Hospital
Miami, FL
larraine.bossi@childrens.harvard.edu

Learning Outcomes:
As a result of participating in this educational activity, learners will be able to:

- Examine the Integrative Nurse Coach (INC) role for promoting healthy lifestyle behaviors;
- Analyze the Nursing Process steps and the Integrative Nurse Coach Process steps;
- Describe the five components of the Theory of Integrative Nurse Coaching, and its implications for health and wellness; and
- Review the Integrative Health & Wellness Assessment (IHWA). 5. Use the IHWA in a coaching session with a peer.

About the Session:
Integrative Nurse Coaching is a natural extension of nursing practice to address healthcare needs in our schools and larger communities. To model health and wellness, the Nurse Coach engages in four areas of self-development (self-reflection, self-assessment, self-evaluation, and self-care) to enhance growth, overall health and well-being. As school health care continues to shift towards wellness, health promotion and injury and disease prevention, the skills of an Integrative Nurse Coach are essential ingredients for successfully assisting students toward sustained health. School nurses who also possess Nurse Coaching skills are strategically positioned to successfully partner with individuals, families, and communities to assess, strategize, plan and evaluate progress towards goals for behavioral change negotiated using coaching interventions.

Why this is important to a school nurse:
The purpose of this activity is to enable the learner to observe and practice beginning coaching interventions, to understand theory that supports these interventions, and to explain ways these interventions can be embedded in school nurse practice.

Additional Author(s): Ann Cooley Carlson, RN, BSN, NC-BC, Associate Faculty; Maxine Bornstein, RN, MS, HWNC-BC, CIH, AHN-BC, President; Emily G. Brown, RN, WHNP, School Nurse