



**SPEAKER**



**Christine Griffin**  
PhD, RN, NPD-BC

**CARING SCIENCE CONSORTIUM**  
**Dr. Joseph Giovannoni**  
**Presents**

*Caring Science*  
*and the Art of Flourishing*  
*-FREE-*

**Saturday January 20, 2024**

**9:30 am - 11:00 am HST**

**11:30 am - 1:00 pm PST**

**12:30 pm - 2:00 pm MST**

**1:30 pm - 3:00 pm CST**

**2:30 pm - 4:00 pm EST**

**ZOOM LINK:Join Zoom Meeting**

**<https://us02web.zoom.us/j/84713039465?pwd=cmJ6Znc3Rlh5bEUrU3JoaDFiZU9QZz09>**

**Meeting ID: 847 1303 9465**

**Passcode: 539391**

## **ABSTRACT**

**Nursing is in need of new ways of being and becoming as we continue to cope with the tangible effects of compassion fatigue and burnout. As the nursing profession looks for recovery, the nursing discipline has an opportunity to reconnect to our caring and healing purpose in the world and shift back toward our timeless values of care, compassion, dignity, and hope. This discussion invites caregivers to pause and reconnect with themselves and learn how the practices of Unitary Caring Science can contribute to their own wholeness. It will offer a new perspective on moving from survival mode to coping and then toward a sense of flourishing.**

### **Dr. Griffin Brief Bio**

**Dr. Griffin is a Caritas Coach, Caritas Leader, is the Director of Caring Science and Nursing Practice at Queens Medical Center in Honolulu, Hawaii. In her Caring Science Ph.D. program, “Compassion without Fatigue,” Chris studied how theory-guided practices within Unitary Caring Science can heal those working in healthcare. Chris is passionate about helping other healthcare providers build a practice of self-care and self-compassion, giving them the capacity to flourish as they bring their authentic care and compassion to the bedside.**