



FREE TRAINING: Caring Science, Mindful Practice at Work and Beyond

Announcing a FREE training module for people who want to learn about Watson’s Caring Science and simple mindfulness practices that will support caring habits at work and beyond.

Offered by Dr. Kathleen Sitzman, PhD, RN, CNE, ANEF, FAAN, Professor, East Carolina University, College of Nursing.

Learn about Caring Science research and simple mindfulness practices that will support caring intent and actions in a variety of professional situations.

These training modules are FREE and can be completed by anyone who has access to the Internet, anywhere in the world.

Certificates of completion will be sent after participants submit a course reflection form at the end of the training.

East Carolina University Faculty can access these modules through Cornerstone at <http://www.ecu.edu/itcs/cornerstone> under Browse for Training > Academic Affairs > Office for Faculty Excellence, or at: http://www.ecu.edu/ofe/sessions_teaching-modules.cfm

Completion of this module and submission of a successful DE Reflection Form will qualify for Faculty Development credit as an OFE DE training activity.

Those who do not work at ECU can access the modules here:

http://www.ecu.edu/ofe/sessions_teaching-modules.cfm

Look for the “Caring Science, Mindful Practice” title (Module 3) and click on the accompanying link.

A Certificate of Completion will be sent to participants who submit a Course Reflection Form within the module after content completion.

Sponsored by the East Carolina University Office for Faculty Excellence.