

# The Conscious Nurse Project®

*A Nurse-Led Holistic Self-Care Program*

◆ PILOT COHORT — MAY 2026 ◆ NO COST TO PARTICIPANTS ◆



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*“Nurses deserve more than survival strategies.  
Nurses deserve practices that support the whole person, not just manage symptoms.”*

## About the Program

The Conscious Nurse Project® is an online, accessible, five-week program designed to support nurses in building lasting self-care habits. The program emphasizes authentic personal development through mentorship, rather than offering simple solutions or standard checklists.

### What You'll Explore

- How to do your own holistic self-assessment
- Create your individualized, holistic self-care plan that is sustainable and practical
- Develop your awareness of nervous system self-regulation
- Discover or deepen your knowledge of evidence-informed holistic self-care practices

### What's Involved

- 5 – 1hr online learning modules
- Scheduled drop-in mentorship sessions
- 1 post-pilot individual mentoring session
- 15–20 min of suggested daily self-care practice during the course
- Brief confidential pre/post surveys + feedback to support program development

### Who Is This For?

Nurses (RNs, LPNs, NPs, NAs) at any career stage, whether newly practicing or with decades of experience, who are interested in learning about holistic approaches to well-being



Interested? We'd love to hear from you.

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