Overview

The purpose of this activity is to enable the learner to apply the holistic principles of self-care to the role of nurse entrepreneur.

Learning Objectives:
Following this education activity, the participant will be able to:
1. Discuss the importance of self-care for nurses and particularly for nurse entrepreneurs.
2. Consider Transcendental Meditation™ as a self-care strategy.

Contact Hour(s) 1.1

Requirements for Successful Completion
Requirements for successful completion includes; read the entire article, 70% or better score on posttest, completion of online evaluation form.

Conflict of Interest
The planners and faculty have declared no conflicts of interest related to this activity.

Commercial Support
There is no commercial support or sponsorship for this activity

Expiration Date of Contact Hours
Posttest must be completed on or before September 30, 2018

Beginnings, AHNA Member Magazine, October 2016 Issue

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