



Texas Emergency Nurses Association
2025 Virtual Conference Series
Wellness, Self-Care & Resilience
December 5, 2025

Topic	Time	Speaker
Introduction & Impact	1:00 – 1:05 p.m. (5 minutes)	Kristine Powell MSN RN CEN TCRN NEA-BC FAEN
Mindfulness	1:05 – 1:55 p.m. (50 minutes)	Melissa Baldwin DNP RN NPD-BC
Trauma-Informed Care	2:00 – 2:50 p.m. (50 minutes)	Colyn Turnbow BSN RN CEN CCRN TCRN
The Power of Boundaries: Preserving Your Energy and Protecting Your Peace in Nursing	2:55 – 3:45 p.m. (50 minutes)	Kelsea K. Heiman MSN RN CEN TCRN
Finding and keeping your nursing purpose	3:50 – 4:50 p.m. (60 minutes)	Lisa Wolf PhD RN CEN FAEN FAAN
Closing the gap in nursing self-care and wellness	4:50 – 4: 55 p.m. (5 minutes)	Rhonda Manor-Coombes BSN RN TCRN
Q&A // Evaluations	4:55 – 5:00 p.m. (5 minutes) *Total 225 minutes = 3.75 hrs	

*This activity has been **submitted** to Emergency Nurses Association for approval to award contact hours. Emergency Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.*