



2025 Texas ENA Virtual Quarterly Conference Series

4th Quarter Virtual Conference
December 5, 2025
1:00 p.m. to 5:00 p.m.

Wellness, Self-Care & Resilience

Featured topics and speakers

*** Mindfulness: Thoughts are not Facts ***

Melissa Baldwin, DNP, RN, NPD-BC

*** Trauma-Informed Care ***

Colyn Turnbow, BSN, RN, CEN, CCRN, TCRN

*** The Power of Boundaries: Preserving your energy and protecting your peace in nursing***

Kelsea Heiman, MSN, RN, CEN, TCRN

*** Finding and Keeping Your Nursing Purpose ***

Lisa Adams Wolf, PhD, RN, CEN, FAEN, FAAN

REGISTRATION INFORMATION

Conference Cost: ENA Member cost: \$60.00 // Non-ENA Member: \$70.

Registration QR Code & Link: <https://form.jotform.com/243585417304154>



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.

Visit the Texas ENA Virtual Conference Series webpage at <https://txena.org/2025-virtual-conference-series/> to register. Agenda and speaker bios for the 4th quarter program will be posted.