



**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 nursing continuing professional development activity was approved by the Emergency Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*