



Summer Seminar

*Using Best Evidence To Achieve Your Goals:
Changing the Culture and Inspiring Others*

July 22-25, 2018



American Association
of Colleges of Nursing
The Voice of Academic Nursing

Québec City,
Québec, Canada

Develop Leadership Strategies at AACN's Summer Seminar!

Deans, directors, and senior faculty meet annually in a picturesque setting far away from the pressures of daily administration to sharpen their leadership skills. This year's destination is Québec City in the Canadian province of Québec, a city with European charm, romantic ambiance, and exquisite cuisine. Brush up on your French, bring your passport, and come enjoy all that Québec has to offer! We invite you and your team to join us on a journey on how to change an academic culture, inspire others, and achieve optimum fulfillment in your career.

This program also offers 9 continuing education (CE) hours!

Passion ■ Persistence ■ Purpose

In today's academic environment, personal, and professional stressors are constantly mounting. Positive Psychologists believe that people want to live meaningful, fulfilled lives, enriched by their relationships in the context of institutions, culture, biology, and the personal dimensions of life. This discipline is focused on an individual's well-being, happiness, and positivity. Join international speaker Caroline Adams Miller to help you perform goal setting, cultivate "grit," and achieve optimum happiness in your career. Over the course of three days, you will:

1. Identify mechanisms to create a *Culture of Flourishing* within your school, which will lead to happiness and success.
2. Determine the meaning of "grit."
3. Cultivate a mindset of self-efficacy, resilience, optimism, and grit.
4. Apply current research on *Grit and Goal Setting* to challenges facing academic nursing.

Save \$100
when you register by June 22.

About the Speaker

Caroline Adams Miller, MAPP



Caroline Adams Miller is one of the world's leading Positive Psychologists, with a Master of Applied Psychology degree from the University of Pennsylvania. She is leading groundbreaking work in the areas of goal setting, "grit" (one of the top indicators of success), and happiness. Grit, a term coined by author Angela Duckworth, is what helps develop the training one needs to reach the finish line. Caroline has taken the scientific research on grit and achievement and applied it to leadership training of individuals from a variety of backgrounds around the globe.

Caroline has developed **Goals & Grit™**, a program to help people achieve their toughest goals, leading to success and happiness, while inspiring those around them. She excels in the application of concepts to achieve maximum transformation and growth by blending personal experience, real-life examples, and cutting-edge research in positive psychology. Fulfilling our goals is one of the most rewarding things we can do in both our personal and professional lives. Caroline provides practical application opportunities to allow change and growth to occur.

She has written six best-selling books, including *Getting Grit: The Evidence-Based Approach to Cultivating Passion, Perseverance, and Purpose* (2017) and *Creating Your Best Life: The Ultimate Life List Guide* (2011). Her work has been featured in numerous media outlets, including *BBC World News*, *The New York Times*, *Washington Post*, *NBC*, *NPR*, *The Wall Street Journal*, *Forbes*, *Fortune*, and *CNN*. Caroline's clients have ranged from Morgan Stanley to Booz Allen to Harvard Law School. She is a popular presenter at the University of Pennsylvania's Wharton Business School Executive MBA program, and she is a former faculty member at New York University. As an executive coach, Caroline was named "one of the 10 Positive Psychology coaches to follow" by the International Coaching Federation in 2015.

Program

Sunday, July 22

4:00-7:00 p.m.

Registration Open

6:00-7:00 p.m.

Wine-and-Cheese Networking Reception

Guests are welcome and encouraged to attend.

Monday, July 23

8:30-9:00 a.m.

Registration and Light Continental Breakfast

9:00 a.m.-12:30 p.m.

Welcome and Opening Remarks Create a Culture of Flourishing

Happiness matters! Learn how to integrate components of positive psychology into an engaged workforce to create a culture that will flourish; discover interventions to impact well-being; and dive into the importance of relationships and how to nurture them. Discover how to use your top character strengths—assessed using the VIA Character Strengths Survey—to bring success to your school.

(Break from 10:15-10:45 a.m.)

Tuesday, July 24

8:30-9:00 a.m.

Light Continental Breakfast

9:00 a.m.-12:30 p.m.

Set Effective Goals and Accomplish Them with Grit

Happy people wake up each day to clear-cut goals that provide their lives with meaning and purpose. What is the difference between learning goals and performance goals? How does the environment shape our responses and what power do others have on our goals? This session demystifies the process of goal setting and uncovers the complexities important to an individual's success through the science of goal setting and grit, while providing practical ways to apply the research findings to established goals.

(Break from 10:15-10:45 a.m.)

Wednesday, July 25

8:30-9:00 a.m.

Light Continental Breakfast

9:00 a.m.-12:30 p.m.

Cultivate a Gritty Team

To be an effective leader, you need to cultivate grit—in yourself and in your team. Why does it matter? Gritty faculty make for dedicated, high-performing employees and bounce back quicker from ongoing challenges. How do you create a contagious environment to inspire others? Using current research evidence, this session explores “good grit” and “bad grit” and provides exemplars for application in your institution.

(Break from 10:15-10:45 a.m.)

General Information

AACN Members	Early by 6/22	Regular after 6/22
	\$549	\$649
AACN Non-Members	Early by 6/22	Regular after 6/22
	\$649	\$749

Venue

Fairmont Le Château Frontenac
1 Rue Des Carrières
Québec City, Québec
Canada G1R 4P5



Continuing Education



Participants may earn up to 9.0 continuing education (CE) hours for the Summer Seminar. CE credit is awarded to those who attest to attendance at all educational sessions and complete the electronic evaluation process after the conference. The CE certificate is provided electronically only after completion of the evaluation.

Contact Information

AACN Conference Team

655 K Street, NW, Suite 750

Washington, DC 20001

Phone: 202-463-6930

Email: conferences@aacnnursing.org

www.aacnnursing.org

Bienvenue au Fairmont Le Château Frontenac!
REGISTER TODAY – SLOTS FILL QUICKLY!



The Voice of Academic Nursing

"This was my first AACN Conference and Summer Seminar and it was excellent. I look forward to attending future events!"

"The Summer Seminars are AACN's best-kept secret. I like how the groups are small and the content and speakers are stellar. I always look forward to these events."

"Excellent conference on a timely topic! Loved the venue. I look forward to the opportunity to return next year."

REGISTER NOW: www.aacnnursing.org/conferences