

Free Well-Being Resource for VNA Members Building Self-Efficacy in Mental Health Virtual Webinar



On June 10, VNA hosted a virtual webinar, open to all VNA members interested in enhancing their self-efficacy concerning mental health. The event, spearheaded by VNA's Commissioner on Workforce Issues Dr. Richard Ridge, PhD, RN, NEA-BC, CENP, (*at left*) was titled "Nurse Well-Being, Mental Health, & the Workplace *You are not alone...Building self-efficacy." The webinar received an impressive number of registrations, highlighting the critical importance VNA members and all nurses place on mental health in the nursing profession. The session delved into crucial findings from several recent American Nurses Association (ANA) surveys, offering a comprehensive look at well-being, mental health, and the workplace.

Participants had the opportunity to gain a deeper understanding of their own vulnerabilities and strengths, review responses from fellow nurse colleagues, and learn strategies to build self-efficacy and improve mental health. This session provided invaluable resources and practical advice to help nurses navigate the complexities of mental health in a demanding work environment. For those who missed the live event, VNA offers an on-demand recording available in the [Nursing Advancement Toolkit section](#) of the website under the "Member Webinars" tab. This ensures that all members can access the vital information presented, regardless of their schedule.

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Unlocking the Potential of Your Virginia Nurses Association Membership

Welcome to the Nursing Advancement Toolkit, curated for nurses who are members of VNA. Your dedication to professional excellence deserves specialized resources that complement your association membership. Explore these tools to amplify the opportunities available to you only as a VNA member, ensuring a fulfilling and impactful nursing career.

Leadership Development
Advocacy Resources
Member Webinars

Conferences and Events
VNA Career Center
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Online Community Platform

VNA hosts three virtual webinars each year, covering a diverse range of topics relevant to our members. These events are complimentary for all VNA members however no contact hours are awarded. If you can't attend live, don't worry – recordings of each event are made available for you to view at your convenience. Join us to stay informed, inspired, and connected

- Advocacy in Action: Nursing's Public Policy Platform for 2024 and Beyond** (Commissioner on Government Relations Dr. Ashley Apple) - March 28, 2024
- Nurse Well-Being, Mental Health & the Workplace: You are not alone...Building self-efficacy** (Commissioner on Workforce Issues Commissioner Dr. Richard Ridge) - June 10, 2024
- Revolutionizing Healthcare: The Significance of AI in Nursing** (Vice President Jen Shepherd) - October 8, 2024. [Click HERE to register for this webinar before October 7.](#)

Networking within VNA Chapters

More VNA Exclusive Member Events are on the Horizon!



October 8 ~ Revolutionizing Healthcare: The Significance of AI in Nursing
VNA Vice President, Dr. Jen Shepherd, DNP, MHA, RN, NEA-BC, NPD-BC, CHPN, CCRN-K, Director of Nursing Education and Product Management at the American Nurses Association

Looking ahead, VNA is thrilled to announce the final virtual Member Wide Webinar of 2024, scheduled for October 8 from 5:30 - 6:30 pm. This session, titled "Revolutionizing Healthcare: The Significance of AI in Nursing," will be presented by VNA's Vice President Jen Shepherd (*at left*), and Director of Nursing Education and Product Management at the American Nurses Association. During this session, participants will explore how artificial intelligence is transforming nursing practice, enhancing patient outcomes, and streamlining healthcare operations. The webinar will provide real-world examples, future trends, and practical advice on leveraging AI in nursing careers. Registration for the October webinar is required and can be completed via the [VNA events calendar](#).

Join VNA & ANA in Just a Few Clicks!

Membership in VNA is open to all interested registered nurses for just \$15/month, which includes access to webinars, resources, and a supportive community dedicated to advancing nursing practice. Be sure to view our full list of [VNA Member Benefits](#) and head to <https://www.nursingworld.org/membership/joinANA/> to join today! For more information about the webinar, membership benefits, or any other inquiries, please contact Membership Manager MJ Gearles at mgearles@virginianurses.com.