



# FROM SURVIVING TO THRIVING

Empowering Nurses in Today's Workplace

**Location: University of Missouri Healthcare Center for Education & Development, Columbia, MO**

## AGENDA – Friday, November 7, 2025

8:30 – 9:00 am	<b>Registration Open</b> <b>Light Breakfast</b> – <i>provided</i>
9:00 am	<b>Preventing Nurse Burnout</b> (1.0 contact hour) <i>Heidi Holtz PhD, RN</i>
10:00 am	<b>Networking Break</b>
10:45 am	<b>Panel Presentation</b> (2.0 contact hours) <b>Workplace Violence: Putting the Pieces Back Together</b> <i>Panelists: Ben Coe, Jill Harper JD, Nick Komoroski, Samuel Shaefer, Alyson Shock, Lindsay Tessmer BSN, RN</i>
12:15 pm	<b>Luncheon</b> – <i>provided</i> <b>Membership Meeting/Awards</b>
1:00 pm	<b>Bringing the Joy Back to Nursing</b> (1.0 contact hour) <i>Sean Pridgeon DNP, RN, CNL, EBP-CH, NE-BC</i>
2:00 pm	<b>Adjourn</b>

## DISCLOSURES

- **Successful Completion** – Attendees must participate in all of the educational sessions and complete the online conference evaluation to receive a certificate of completion. The link to the online evaluation will be emailed to participants (to the email address provided at registration) upon conclusion of the activity.
- **Contact Hours** – Participants meeting the successful completion requirements will receive 4.0 contact hours.  
*VTL Center for Professional Development is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.*
- **Relevant Financial Relationships** – No relevant financial relationships were identified for any member of the planning committee or any presenter/author of program content.

### Missouri Nurses Association

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