

## **The International Nurse Coach Association/ Integrative Nurse Coach Academy**

### **Statement of Commitment to Address Clinician Burnout and Promote Clinician Well-Being**

“Integrative Nurse Coaches speak both the language of medicine and of healing.”

Research shows that the therapeutic presence and interaction between a nurse and client can be a healing moment, providing comfort, support, and lowering the stress response. An Integrative Nurse Coach promotes wellness and resiliency by guiding clients to deepen connection to their inner healing resources and their capacity to make meaningful choices and to help establish goals and strategies for healthier lifestyle behaviors.

An Integrative Nurse Coach enhances individual well-being, wholeness and resiliency through their own practice of self-healing influenced by the self-development components of self-assessment, self-reflection, and self-care while using compassion-focused awareness.

### **Our Commitment to Address Clinician Burnout and Promote Clinician Wellbeing**

- We commit to role-model healing behaviors in our personal and professional lives.
- We commit to teach resiliency skills and tools in all of our educational offerings.
- We commit to support our communities to establish goals for healthier lifestyle behaviors.
- We commit to coach our healthcare colleagues to examine priorities and make choices for wellbeing.
- We commit to invite healthcare practitioners to participate in experiential offerings to build resiliency and promote wellness.

## **Integrative Nurse Coach Partnership**

