



## The International Nurse Coach Association 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 patient can be a healing moment, providing comfort, support, and lowering the stress response. An Integrative Nurse Coach promotes wellness and resiliency by guiding clients/patients 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 their individual well-being, wholeness and resiliency through their own practice of self-healing influenced by, self-care, self-development, self-reflection, self-assessment, compassion-focused awareness, and self-determined actions and behaviors in a meaningful way.

By role modeling, valuing and teaching these healing behaviors we are shifting the healthcare paradigm to address clinician burnout and promote clinician wellbeing.

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

- We commit to ensure healing behaviors are intertwined in all of our actions with patients and their families, our colleagues and work environment and throughout our lives.
- We commit to teach healing skills and tools in all of our educational offerings.
- We commit to invite all healthcare practitioners to learn and use life-healing tools to address clinical burnout and promote clinician well-being.
- We commit to support our communities where we live and work to learn and use healing skills and tools.

### Integrative Nurse Coach Partnership

