



HEALTH & WELLNESS



Once a Nurse, Always a Nurse
Monday at 10 AM Pacific
April 27th 2020: COVID-19: The Time for Resilience is NOW!

Today's guests, Lyn McCright and Teresa Walding (both with Advancing Nurse Coaching) are joining me today as a follow-up to their previous discussion on February 17, 2020 regarding Resilience Paradigms. At that time COVID-19 was barely on the radar and now we are all overwhelmed with the issue. It has taken an especially large toll on nurses and other healthcare workers on the front lines of the Pandemic in the hospitals and clinics in "Hot Zone" areas like San Francisco, Los Angeles, New York, New Orleans, Florida, Chicago, Arizona, Texas and more adding all the time. Lyn and Teresa will talk

[Read more](#)

[DOWNLOAD PDF](#)

[GET CODE](#)

Tune in

Monday at 10 AM Pacific Time
on VoiceAmerica Health and
Wellness Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Questions? Comments?
Call In Live! Call-In
Toll Free: 1-866-472-5792
Intl: 001-480-553-5759

Featured Guests

Guest Image

Lyn McCright

Lyn McCright is an internationally known thought leader in Nurse Coaching globally. Lyn holds a MPH from the University of MN, and is an Adult and Gerontological NP. She is double board certified as a Health & Wellness Nurse Coach and Advanced Holistic Nurse. She founded Advancing Nurse Coaching 3 years ago, opening on 3 continents! Nurses worldwide seek her leading-edge online courses which will be the transformation that is coming to healthcare. The Principles of Resilience apply to all nurses and patients. Our goal is to bring Resilience to all of Humanity through nursing. Lyn McCright is a contributor to the Beginnings magazine of the American Holistic Nurses Association (AHNA), and has

[Read more](#)



Teresa Walding

Teresa Walding, RN,BSN,NC-BC, earned her Bachelor of Science in Nursing from Boise State University in 1993. In her early career she worked in a variety of clinical areas including ICU, rehabilitation, psychiatric, pediatrics, and currently Post Anesthesia Recovery. She is a member of the AHNA (American Holistic Nursing Association) and has been a nurse for over 20 years. Teresa and Lyn McCright determined that they wanted to support RNs in their self-care. After attending a conference on Resilience in 2015, they realized they had found the platform they needed. Lyn created Advancing Holistic Health Coaching Program. Teresa is a Board Certified Nurse Coach on faculty. The focus of the progra

[Read more](#)

Share This Episode

[Share On Facebook](#)

[Share On Twitter](#)

[Share On LinkedIn](#)

Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG