



The Resilient NP Leader: Master Stress, Build Influence, Transform Your Practice

You're navigating expanding scope, competing demands, difficult conversations, and limited resources. The right leadership practices can help you regulate your response, strengthen your influence, and create meaningful change without losing sight of yourself or your purpose.

Continue the learning from the NPAO Conference with a practical, NP-focused micro-credential you can complete on your own schedule.

COURSE DESCRIPTION:

This six-module, on-demand micro-credential is designed specifically for NPs who want flexible learning they can immediately apply in practice.

Through short videos, practical exercises, and live monthly coaching opportunities, you will learn to think more clearly under pressure, handle challenging conversations with confidence, reconnect to purpose, and turn insight into a realistic 90-day action plan.

By the end of the course learners will be able to:

- ✓ Regulate stress responses with neuroscience-based tools for clearer thinking under pressure
- ✓ Navigate difficult conversations with confidence — advocate for yourself without damaging relationships
- ✓ Reconnect to purpose to build sustainable engagement and lead a more motivated team
- ✓ Build a personal action plan with habits and accountability that actually stick
- ✓ Reduce burnout and build resilience in their team

FORMAT: Flexible, online, and self-paced

TIME COMMITMENT: 6–8 hours over four weeks

LEARNING DESIGN: Short videos, guided exercises, and immediately applicable tools

LIVE SUPPORT: Monthly coaching and Q&A calls

CONFERENCE PRICE: \$397 + HST—a \$100 early-bird saving

Early Bird pricing ends September 30, 2026

Ready to Enroll?

Email your full name and contact details to admin@instinctsatwork.com.

Please note:

We require a minimum of 5 participants to enroll in order to run the course.
Once confirmed, we will send you enrollment details.