



UVA Health

University Medical Center

2025 NPGO Nursing Summit

Elevate Your Professional Practice and Achieve Your Full Potential

Thursday, November 20, 2025 | DoubleTree by Hilton Hotel Charlottesville

0830-0840	Welcome , Clara Winfield, MSN, RN, CAPA, CNL, <i>RN Clinician 4, NPGO President-Elect</i>
0840-0850	Time to Connect , Clara Winfield, MSN, RN, CAPA, CNL, <i>RN Clinician 4, NPGO President-Elect</i>
0850-0905	CNO & ACNO Address , Kathy Baker, PhD, RN, NE-BC, FAAN, <i>Chief Nursing Officer & Veronica Brill, MSN, RN, NEA-BC, Associate Chief Nursing Officer</i>
0905-1020	UnMasking Imposter Syndrome , Alison Shamir, <i>Imposter Syndrome Expert, International Speaker, Author</i>
1020-1025	Stretch & Refresh , Beth Frackleton, M.Ed., BSN, RN, NBC-HWC, CHWC, <i>RN Clinician 4</i>
1025-1040	Break
1040-1120	A Leadership Journey - the Long and Winding Road , Dr. Tracey Hoke, MD, MSc, <i>Chief of Medical Center Quality, Performance Improvement, and Population Health & Associate Professor of Pediatrics</i>
1120-1125	Morning Wrap-up , Clara Winfield, MSN, RN, CAPA, CNL, <i>RN Clinician 4, NPGO President-Elect</i>
1125-1225	Lunch
1225-1240	Year End Review & NPGO Officer Introductions , Danita Massie, MSN, RN, CNL, <i>RN Clinician 4, 2025 NPGO President</i>
1240-1440	From Imposter to Empowered Workshop: Practical Strategies for Nurses , Rose Markey, MA, <i>Senior Learning and Development Consultant & Lauren Shepherd, MA, Senior Organizational Development Consultant</i>
1440-1445	Stretch & Refresh , Beth Frackleton, M.Ed., BSN, RN, NBC-HWC, CHWC, <i>RN Clinician 4</i>
1445-1505	Break & Desserts
1505-1545	Networking Activity , Clara Winfield, MSN, RN, CAPA, CNL, <i>RN Clinician 4, NPGO President-Elect</i>
1545-1605	Anchors for Your Journey , Pamela Hamilton, MAMF, QMHP, CEAP, <i>Manager</i>
1605-1615	CNO & ACNO Remarks , Kathy Baker, PhD, RN, NE-BC, FAAN, <i>Chief Nursing Officer & Veronica Brill, MSN, RN, NEA-BC, Associate Chief Nursing Officer</i>
1615-1625	Service Project , Kristina Smith, CPRS, RPRS, iFPRS, <i>Executive Director, Georgia's Friends, Inc.</i>
1625-1630	Closing Remarks , Clara Winfield, MSN, RN, CAPA, CNL, <i>RN Clinician 4, NPGO President-Elect</i>



Purpose

To promote awareness of how Imposter Syndrome can play a role in limiting ourselves and our peers in achieving our full potential as Registered Nurses, and identify strategies to address Imposter Syndrome so that every RN may be empowered to speak up, to build connections with interprofessional colleagues, to continue in their professional growth, and to take an active role in elevating our professional practice.

Objectives | Participants will be able to:

- Define what Imposter Syndrome is.
- Identify three tools to interrupt self-doubt and feelings of Imposter Syndrome.
- Create a “confidence blueprint” to elevate your professional practice.
- Identify one strategy that can be used to leverage and build a supportive work environment that empowers teammates to envision and be their best selves.

VNA Contact Hour Information

UVA Health University Medical Center Nursing Professional Development Services is approved as a provider of nursing continuing professional development by the Virginia Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Successful Completion of this Continuing Nursing Education (CNE) Activity

In order to receive contact hours for this CNE activity, you must sign in on the class roster and attend the entire event.

Other Information

Completion of the post-event survey is highly desirable, as this information is used for program improvement.

University Medical Center Participants: Attendance and contact hours earned will appear on your official Workday Learning transcript within 2 weeks; a contact hour certificate can be printed from the transcript if desired.

UVA Community Health Participants: Will receive an emailed contact hour certificate within 2 weeks.

There are no relevant financial relationships with ineligible companies for those with the ability to control the content of this activity.

We want your feedback!

Please complete this short survey by **Monday, December 8.**

We will be using your feedback to plan next year’s event.

