

## Nurse Mentorship Programs

Created and led *by UVA Nurses for UVA Nurses.*

Fall Cohorts | September 2026 - February 2027

### Clinician 1 Transition to Practice | Starts: Tuesday, September 22, 2026, 0800-0900

- Supports **new graduate nurses off of orientation** as they prepare to move into their second year
- Focuses on professional development, tough conversations, wellbeing, navigating schedules, and finding their voice

### Experienced Clinical Nurses | Starts: Wednesday, September 2, 2026, 0800-0900

- Supports **experienced clinical nurses** to network with colleagues and leverage resources to meet their professional goals as a UVA Nurse
- Focuses on goal setting, wellbeing, leading change, advocacy and inclusion, EBP resources, and quality metrics

### RN Degree Students | Starts: Thursday, September 10, 2026, 0800-0900

- Supports **team members in RN programs – entry-level to graduate degrees – while working**
- Focuses on navigating programs, work/life management, peer support, and strategies for success

### Self-Discovery | Starts: Wednesday, September 9, 2026, 1200-1300

- Offers **nurses in all roles** peer support to foster a sense of belonging, empowerment, and professional growth within nursing, aligning with UVA Health's strategic goal of cultivating healthy communities and belonging for all
- Focuses on building resilience, creating a personal vision, finding one's true north, valuing different perspectives to drive teamwork, and career navigation

### Nocturnal Leaders | Relaunching in 2027 – Stay tuned for coming details

- Supports **night shift nurses** to grow in their leadership skills and confidence, focus on their career development, and promote involvement in professional governance

### Formal Nurse Leaders

- Beginning in Summer 2026, the mentorship program will be integrated into the Press Ganey Leadership Development Program, leveraging the curriculum and integrating UVA resources
- Provides **Assistant Nurse Managers and above** peer support as a new UVA formal leader
- New leaders will automatically be enrolled in as a mentee

Want to connect with other UVA Nurses? Looking for additional support? Wanting to grow professionally?

Take the time to invest in yourself ... just an hour a month can make the difference.

**Join a Mentorship Program today!**

Sign up to be a Mentee or a Mentor!

Enrollment open now through July 13 – click or scan QR code



## How the Programs Work

### Signing Up:

- Mentees and Mentors sign up for their program of choice via the survey
- Bios of each mentor are created and mentees select their top choices to be their mentor
- Program Leads create Mentee/Mentor pairs and send information/invitations to group events

### Mentees & Mentors:

- Participate in the group meetings
- Connect monthly as a pair via a variety of ways – walks, coffee, dinner, virtual, etc.
- Actively participate in events – please partner with your leadership for scheduling support
- Mentees drive the partnership to help meet individual needs and areas of desired support

Mentees and Mentors benefit – learning from each other, working toward goals, developing knowledge of UVA resources to leverage, and building relationships across the organization.

For more information, click or scan the QR code.

Questions? Email [NPGO@uvahealth.org](mailto:NPGO@uvahealth.org)



**Connect. Learn. Grow.**