

## Nurse Mentorship Programs

### Spring Cohorts | January - June 2026

#### **Clinician 1 Transition to Practice** | Starts: Tuesday, January 13, 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, January 14, 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

#### **Formal Nurse Leaders** Starts: Wednesday, January 21, 2026, 1100-1200

- Provides **Assistant Nurse Managers and above** peer support as a new UVA formal leader
- Focuses on increasing confidence in strategic planning, team engagement, professional networking, leader wellbeing, and finance/budgeting

#### **Night Shift Clinician Leaders** | Starts: Wednesday, January 14, 2026, 1800-1850

- Supports **nocturnal nurses** to grow in their leadership skills and confidence, focus on their career development, and promote involvement in professional governance
- Focuses on professional development, work/life balance, engagement, career ladder advancement, and networking with formal and informal leaders

#### **RN Degree Students** | Starts: Thursday, January 15, 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, January 14, 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, utilizing Korn Ferry® Competencies
- Focuses on building resilience, creating a personal vision, finding one's true north, valuing different perspectives to drive teamwork, and career navigation

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 November 17



## 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 program 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

For more information, click on the QR code.

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



**Connect. Learn. Grow.**