UVA Health
University Medical Center

Nurse Mentorship Programs

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

Spring Cohorts | January - June 2027

Clinician 1 Transition to Practice | **Starts**: January and June 2027 – Dates/Times *tbd*

- Supports **new graduate nurses off 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 | **Meets**: Monthly on 3rd Thursdays, 1500-1600, in-person and virtual

- Supports **experienced clinical nurses** to connect with colleagues and leverage resources to meet their professional goals as a UVA Nurse
- Focuses on goal setting, building wellbeing, leading change, advocacy and inclusion, EBP resources, quality metrics, valuing different perspectives to drive teamwork, and career navigation

Nocturnal Leaders | **Meets**: Monthly on 1st Tuesdays, 1800-1845, in-person

- Supports **night shift and rotating nurses** to grow a culture of connection and belonging on night shift in navigating the challenges and opportunities of their unique work environment
- Focuses on growing leadership skills and confidence, wellbeing on nights, creating a positive work environment, and support for professional goals and career development as night shifters

RN Degree Students | **Meets**: Monthly on 3rd Thursdays, 1500-1600, in-person and virtual

- Supports **team members in RN programs – entry-level to graduate degrees –** while working
- Focuses on navigating programs, work/life management, tips for adult learners and building study habits, peer support, funding, finding value in the journey, and strategies for success

Self-Discovery | **Meets**: Monthly on 3rd Thursdays, 1500-1600, in-person and virtual

- 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

Formal Nurse Leaders | Coming Soon in 2027

- Provides **Assistant Nurse Managers and above** peer support as a new UVA formal leader
- Mentorship will be integrated into the Formal Nurse Leader Fellowship Program, currently being developed to launch in early 2027. More details to come.

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

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

Join a Mentorship Program today!

Register to be a Mentee or a Mentor!
Enrollment open **now through November 23** – Click/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 to all participants

Mentees & Mentors:

- Attend and participate in 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 together – learning from each other, working toward goals, developing knowledge of UVA resources, and building relationships across the organization.

For more information, click or scan the QR code.

Questions? Email NPGO@uvahealth.org

Connect. Learn. Grow.

Nursing Professional Governance Organization | UVAHealthUMCNursing.org

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