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The International Council of Nurses and the Honor Society of Nursing, Sigma Theta Tau International publish free *Coaching in Nursing Workbook* with access to continuing education credits

GENEVA, Switzerland, 25 May 2009 — The International Council of Nurses (ICN) and the Honor Society of Nursing, Sigma Theta Tau International (STTI) have released a free resource entitled *Coaching in Nursing Workbook* available to nurses around the world. This tool is a hands-on guide that can be used to teach nurses coaching principles and skills in order to develop individual professional competencies and improve nurse staffing retention. Six International Continuing Nursing Education Credits (ICNECs) and/or STTI's American Nurses Credentialing Center (ANCC) accreditation are available on line and free of charge from ICN and STTI. You can access the *Workbook* and the test on the ICN website at www.icn.ch/coachingworkbook.htm. The *Workbook* is also accessible on the STTI website at www.nursingsociety.org/CEworkbook and the test at www.nursingknowledge.org/stti_ce/MOC06b_index.htm.

Coaching is a tool that, if implemented strategically, can affirm and develop professional competencies in nursing such as critical thinking, communication and the delivery of improved patient-centred care. It also can be used to foster scholarship in the clinical setting, provide a method of communicating practise knowledge and help novices integrate theory into their practice. Studies worldwide support the use of coaching as a staff development tool, which is also effective in promoting nursing retention and career satisfaction.

This workbook, a joint initiative between ICN and STTI, is filled with exercises, checklists and conversation starters. It uses role-playing as a learning tool for independent/individual study and supports the coaching principles and strategies in the ICN monograph, *Guide to Coaching and Mentoring in Nursing* (see [//www.icn.ch/bookshop.htm](http://www.icn.ch/bookshop.htm)).

"ICN is pleased to make this practical and relevant nursing resource available to nurses around the world free of charge," stated Hiroko Minami, president of the International Council of Nurses. "This workbook is an excellent tool for nurses to have at hand, to facilitate collaboration and communication, and to encourage professional development."

"STTI supports the learning and professional development of nurses globally in order to improve the health of the world's people," says STTI President Carol Huston. "We believe in the positive influence that coaching and mentoring have in the personal and professional lives of nurses, and therefore believe that every nurse should have access to this workbook."

The workbook is available online in a viewable and downloadable version on the International Council of Nurses and the STTI websites. ICN will also have printed versions available. Continuing education credits will be awarded to those seeking them either through STTI's ANCC accreditation or ICN's system of ICNECs.

The workbook authors, Gail J. Donner and Mary M. Wheeler are internationally recognized for their efforts in coaching and mentoring. They have been recognized for their innovation and collaboration, especially in the area of nurse career planning and development.

The authors will lead a special workshop on coaching at the ICN 24th Quadrennial Congress, in Durban, South Africa on 2 July at 10h00.

Note for editors:

The International Council for Nurses is a federation of 132 national nurses associations representing the millions of nurses worldwide. Operated by nurses and leading nursing internationally, the International Council for Nurses works to ensure quality nursing care for all and sound health policies

globally. More information about the International Council for Nurses can be found online at www.icn.ch.

The Honor Society of Nursing, Sigma Theta Tau International is a nonprofit organization whose mission is to support the learning, knowledge, and professional development of nurses committed to making a difference in health worldwide. Founded in 1922, STTI has members in 86 countries. More information about STTI can be found online at www.nursingsociety.org.