2026

NIGHTINGALE

EvolveU

Catalog



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NIGHTINGALE

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CELEBRATING THE PURSUIT OF KNOWLEDGE





"Better health, better humanity, and a better world."

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Why Join Nightingale?

About Nightingale Education Group

Nightingale Education Group is comprised of four operating divisions: Nightingale College, Nightingale Innovations, Nightingale Solutions, and EvolveU. Each division is committed to the contribution of closing health equity gaps by elevating education and employment systems to create a relevantly skilled, readily available nursing workforce, representative of communities they serve.

Nightingale College specializes in distance nursing education offering six programs along the nursing continuum: the Practical Nurse (PN) Diploma Program, Licensed Practical Nurse (LPN) to Associate of Science in Nursing (ASN) Program, Bachelor of Science in Nursing (BSN) Program, Registered Nurse (RN) to Bachelor of Science in Nursing (BSN) Online Program, Master of Science in Nursing Education Program, and Master of Science in Nursing Family Nurse Practitioner Program. The College has graduated 4,300+ learners and its programs are available nationwide.

Nightingale Innovations works to create learning resources to advance professional competencies along the continuum of healthcare and workforce development. The development of innovative curricula models and virtual health care simulations helps elevate education and health outcomes.

Nightingale Solutions collaborates with nurse employers to build retention and career laddering opportunities for their staff and assist employers in creating sponsorship programs. Nightingale Solutions helps integrate employer/learner relations to better prepare graduates for initial practice settings.

EvolveU delivers online micro-credentials and CEs for upskilling and re-skilling nurses and faculty.

About Nightingale Education Group

Nightingale Education Group is also a preferred partner of the Nightingale Foundation. They work together to improve health outcomes by reducing negative effects of the nursing shortage and removing financial barriers for access to nursing education for non-traditional students in underserved and underrepresented communities through scholarships and alternative funding.

Impact

Nightingale Education Group contributes to closing health equity gaps by elevating education and employment systems to create a relevantly skilled, readily available nursing workforce, representative of the communities they serve.

Purpose

"Better World Through Better Humanity and Better Health."

Pathway

All learners and collaborators are expected to align with the College's EVOLVITUDE™ statement:

- I readily share information with appropriate parties to enable greater self-awareness, deeper relationships, and better outcomes.
- I acknowledge, own, and act upon my own contribution to a situation/result. I proactively work to improve myself, my relationships, and my contribution to outcomes.
- I regulate my emotions, thoughts, and behaviors in various situations by choosing a growth mindset, taking responsibility, and exercising transparency.
- I see failures as temporary and sources of learning; I believe that effort matters more than ease. I see others' mistakes similarly and show them grace.



Why Join Nightingale in the Pursuit of Life-long Learning?

At Nightingale College, we recognize that healthcare professionals are instrumental in driving innovation, improving patient outcomes, and shaping the future of care. With our mission grounded in equity, client-centered care, and holistic professional development, we're dedicated to supporting lifelong learning across the healthcare continuum and instilling learners with the skills and insights to lead with empathy, resilience, and expertise. Through EvolveU, we offer asynchronous, on-demand courses designed to meet the evolving needs of today's healthcare workforce.

Each course offers practical strategies and knowledge to help you excel as an educator in areas that include inclusivity, patient engagement, and advanced clinical teaching practices. We believe that empowering educators with these critical skills ultimately leads to stronger healthcare teams and better patient outcomes. In alignment with our vision of building a "a Better World through Better Humanity and Better Health," our courses are designated to foster holistic development in healthcare education, so you can inspire the next generation of healthcare professionals to make a positive, lasting impact.



"A workforce representative of the communities they serve."

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EvolveU

About EvolveU



About Us & What We Offer at EvolveU

EvolveU provides access to engaging and on-demand courses from anywhere with a variety of resources. We offer continuously expanding resources to meet current and future educational and professional development needs with a wide variety of courses to choose from available online that can be accessed from anywhere. It's easy to complete a module from wherever you may be! Throughout your educational journey, you will have different resources available. Various job aids, informational handouts and help desk assistance are at your fingertips!

Geared toward maintaining and building critical expertise, Nightingale is committed to providing resources and opportunities for those who aspire to advance their lives and careers. To continuously thrive in competitive workplaces, healthcare professionals must continue to grow and learn by developing new skills. Nightingale's EvolveU provides numerous training courses that focus on the continuum of healthcare development and education, professional development, personal advancement, and alternate educational competencies.



About Us & What We Offer at EvolveU

These new proficiencies allow people to acquire the building blocks needed to advance their skills and gain the stackable credentials that prepare them for multiple areas of the workplace. EvolveU is focused on sustaining innovative avenues when it comes to personal and professional growth and the elevation of healthcare knowledge in higher education.

Designed for lifelong learners, we provide continuously expanding resources to meet current and future educational and professional development needs. The certifications available will include rural health, community, mental health, wellness, self-care, and more. Choose your own adventure and expose yourself to the possibilities of lifelong learning opportunities.



"Elevating education and employment."

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Our Offerings



Educator Success Series

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What is Educator Success?

The Educator Success Series at Nightingale College is designed to support all healthcare professionals who serve in teaching roles—whether in academic settings, clinical environments, or direct patient care. This series helps develop advanced instructional skills tailored to the unique demands of healthcare education. Whether you're a healthcare provider, nursing faculty member, facilitator, clinical preceptor, or a nurse educating patients at the bedside, the series offers a range of professional development topics and innovative resources to help you teach, inform, and inspire.

Courses within the series emphasize both technical instruction and compassionate communication, providing meaningful and impactful tools that can be applied in real time. The topics and resources are relevant not only to traditional on-ground and online classroom settings, but also to patient education and clinical training environments.

Why is Educator Success So Important?

Educator success is essential to shaping effective learning environments that directly influence teaching quality, patient engagement, and real-world readiness. At Nightingale College, we believe in “a Better World through Better Humanity and Better Health”— a vision realized by equipping learners with the tools they need to inspire and empower others.

Our mission to promote equity and excellence in healthcare education is embodied in the Educator Success Series: a suite of offerings designed to help healthcare professionals advance their teaching skills and thrive as resilient, competent, and compassionate educators. Through this series, learners gain essential skills for impactful instruction while contributing to inclusive, empathetic environments where patients are empowered to become self-advocates in their ongoing health journeys.









Who Would Benefit from the Educator Success Series?









Anyone who is in an educational role would benefit from the series. This includes:

- Faculty Members
- Patient Educators
- Healthcare Professionals
- Trainers in Healthcare Settings



Essential Workforce Skills







- Effective Patient Communication
- Cultural Competencies and Inclusivity
- Adaptability to Technology and Virtual Learning
- Resilience and Adaptability to Change
- Critical Thinking and Clinical Judgement
- Collaboration and Teamwork
- Leadership and Problem Solving
- Community and Peer Support Building
- Continuous Learning and Professional Development
- Patient-Centered Care and Advocacy
- Diversity Promotion
- Maintain Inclusive Environments
- Advocacy
- Promote Student Engagement
- Adaptability to New Methods and Practices
- Patient Care Issue Resolution
- Information Analysis

What's Included in the Educator Success Series?



One Size Doesn't Fit All: Personalized Patient Engagement Series



The Effectiveness Of Clinical Judgement In Delivering Quality Care



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One Size Doesn’t Fit All: Personalized Patient Engagement



One Size Doesn’t Fit All: Personalized Patient Engagement

One Size Doesn’t Fit All: Personalized Patient Engagement Series, supports healthcare professionals in strengthening their roles as educators and advocates. Grounded in the belief that patient engagement is a two-way conversation, the series helps providers build confidence in their practice while empowering patients to take ownership of their health.

Through topics like empathetic communication, community-building, and navigating post-COVID care, learners gain practical tools to foster trust, accountability, and whole-person care. A final capstone course brings it all together through reflective, scenario-based learning focused on real-world patient partnerships.

Series Outcomes

- Identify key communication techniques that help nurses build empathy and trust with patients.
- Describe strategies that promote collaboration between patients and nurses in clinical settings.
- Explain how evolving societal, technological, and cultural factors influence healthcare professional communication and interaction norms.
- Apply knowledge through real-world case studies focused on patient-centered care.



One Size Doesn't Fit All: Personalized Patient Engagement series skill development includes:

Health Information Communication

Communicate health information appropriately according to the individual's health literacy level.

Advocacy Strategy Identification

Identify strategies to advocate for diverse patients, families, caregivers, and communities.

Individualized Care Plans Creation

Work with patients to create individualized plans of care defined by the patient's condition and goals.

Conduct Patient-Centered Strategies

Deliver culturally competent and responsive health promotion

Create Patient-Centered Collaborative Care Environments

Transform quality, safety, and efficiency through collaborative care.

Refer to the Next Page for the Courses.



Contact Hours: **2.5**

CEUs: **0.25**



Foundations of Communication

Description

This course introduces the essential principles of effective communication in healthcare, emphasizing empathy, active listening, and the Teach-Back method. Learners will explore how clear, compassionate communication builds trust, improves outcomes, and empowers patients to engage confidently in their care.



Contact Hours: **2.5**

CEUs: **0.25**



Building a Supportive Learning Environment for Patients

Description

In this course, learners will discover how to create inclusive, collaborative spaces that foster patient learning and engagement. Through peer learning strategies, community-building techniques, and culturally responsive practices, healthcare providers will learn to support patients in becoming active participants in their health journeys.





Contact Hours: **2.5**

CEUs: **0.25**

Engagement Reimagined: Supporting Patients in a Changing World

Description

This course explores how healthcare engagement has evolved in the post-pandemic landscape. Learners will examine the role of technology, emotional support, and virtual care in building meaningful connections with patients, while promoting confidence, adaptability, and empowerment in modern healthcare settings.





Contact Hours: **2.5**

CEUs: **0.25**

One Size Doesn't Fit All: Personalized Patient Engagement Series Capstone

Description

This course explores how healthcare engagement has evolved in the post-pandemic landscape. Learners will examine the role of technology, emotional support, and virtual care in building meaningful connections with patients, while promoting confidence, adaptability, and empowerment in modern healthcare settings.



Contact Hours: **6**

CEUs: **0.6**



Cultivating Respect Across Differences

Description

This foundational course explores and defines the various types of differences that may be seen inside and outside of the classroom.



Contact Hours: **6**

CEUs: **0.6**



Cognitive Differences

Description

This course explores various types of learning styles and theories. The focus is on instructional methods to increase awareness of cognitive abilities, demands, and differences.



Contact Hours:
Coming Soon
CEUs:
Coming Soon

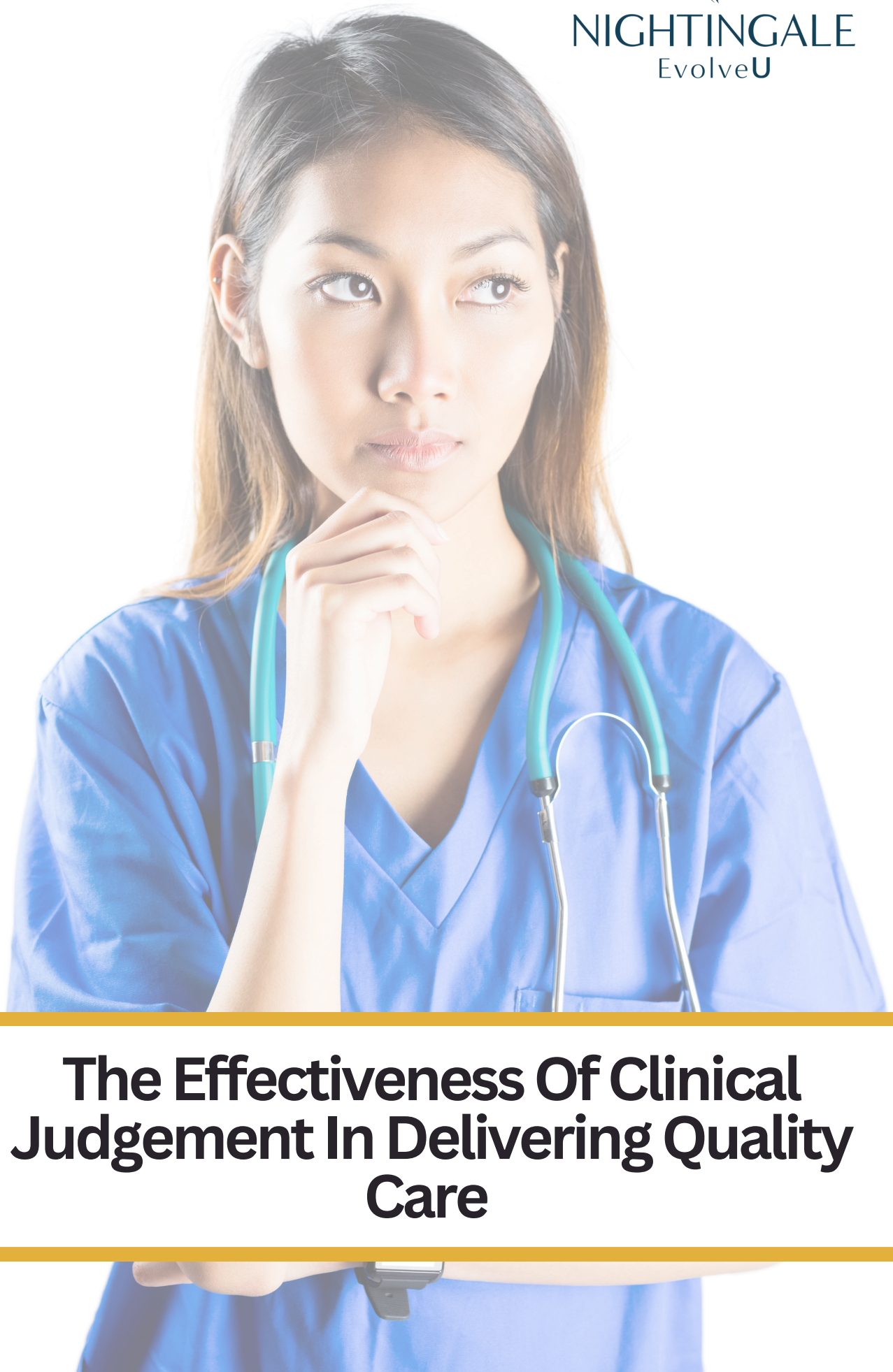


Road to Social Awareness

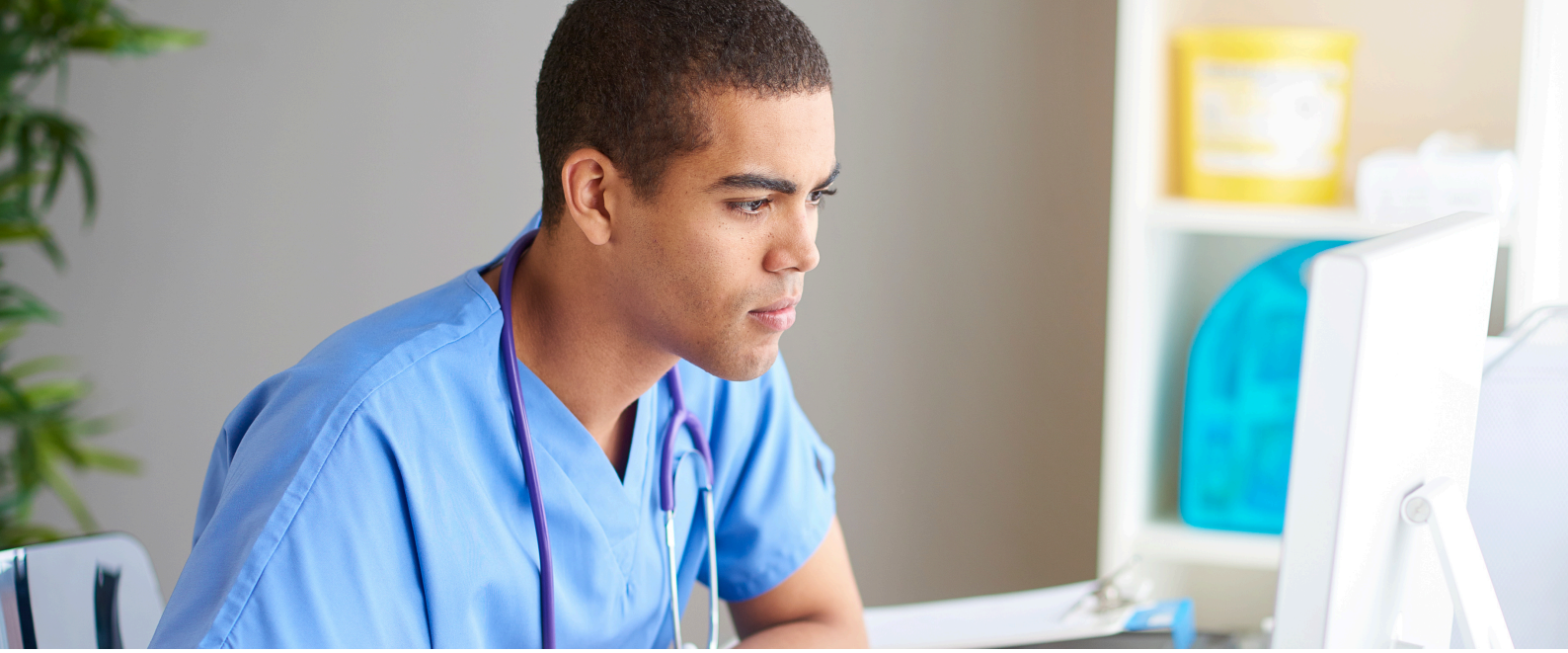
Description

This course is designed for educators to deepen their understanding of social issues impacting students, focusing on developing social awareness, fostering empathy, and promoting dialogue around current societal challenges.

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The Effectiveness Of Clinical Judgement In Delivering Quality Care



The Effectiveness Of Clinical Judgement In Delivering Quality Care

Acquiring critical thinking skills lead to stronger clinical judgement which leads to making informed and rational decisions for delivering quality care. The Effectiveness of Clinical Judgement in Delivering Quality Care series focuses on supporting both seasoned healthcare workers and nursing learners in strengthening their clinical judgement.

Series Outcomes

- Identify the importance of developing and applying clinical judgement for nursing learners and ongoing professionals.
- Implement clinical judgement skills, such as critical thinking, reflection, and self-awareness.
- Employ ethical considerations in clinical judgement.

Did you know that 75% of rookie nurses were involved in a medication error? It is estimated 65% of adverse patient events could have been prevented if nurses had made better decisions.

[1] *McDade, S. (2023). Case-based patient scenario learning activity on medication administration. Journal of Nursing Education, 62(1); 63-64. https://doi.org/10.3928/01484834-20221109-09*

[2] *Muntean, W.J. (2012). Nursing clinical decision-making: A literature review. National Council of State Boards of Nursing. https://www.ncsbn.org/public-files/Nursing_Clinical_Decision_Making_A_Literature_Review.pdf*



The Effectiveness Of Clinical Judgement In Delivering Quality Care series skill development includes:

Patient Care Issue Resolution

Find a resolution for a patient care issue that incorporates critical thinking.

Solutions Connections Identification

Identify existing connections among ideas or solutions.

Information Analysis

Analyze relevant information to make sound, pragmatic decisions.

Refer to the Next Page for the Courses.



Contact Hours:
Coming Soon
CEUs:
Coming Soon



Characteristics of Critical Thinking

Description

This course describes the concepts and skills of critical thinking as a gateway to understanding how they lead to clinical judgement for rational decisions in delivering quality care. This approach emphasizes making accurate decisions as an essential component of nursing practice.



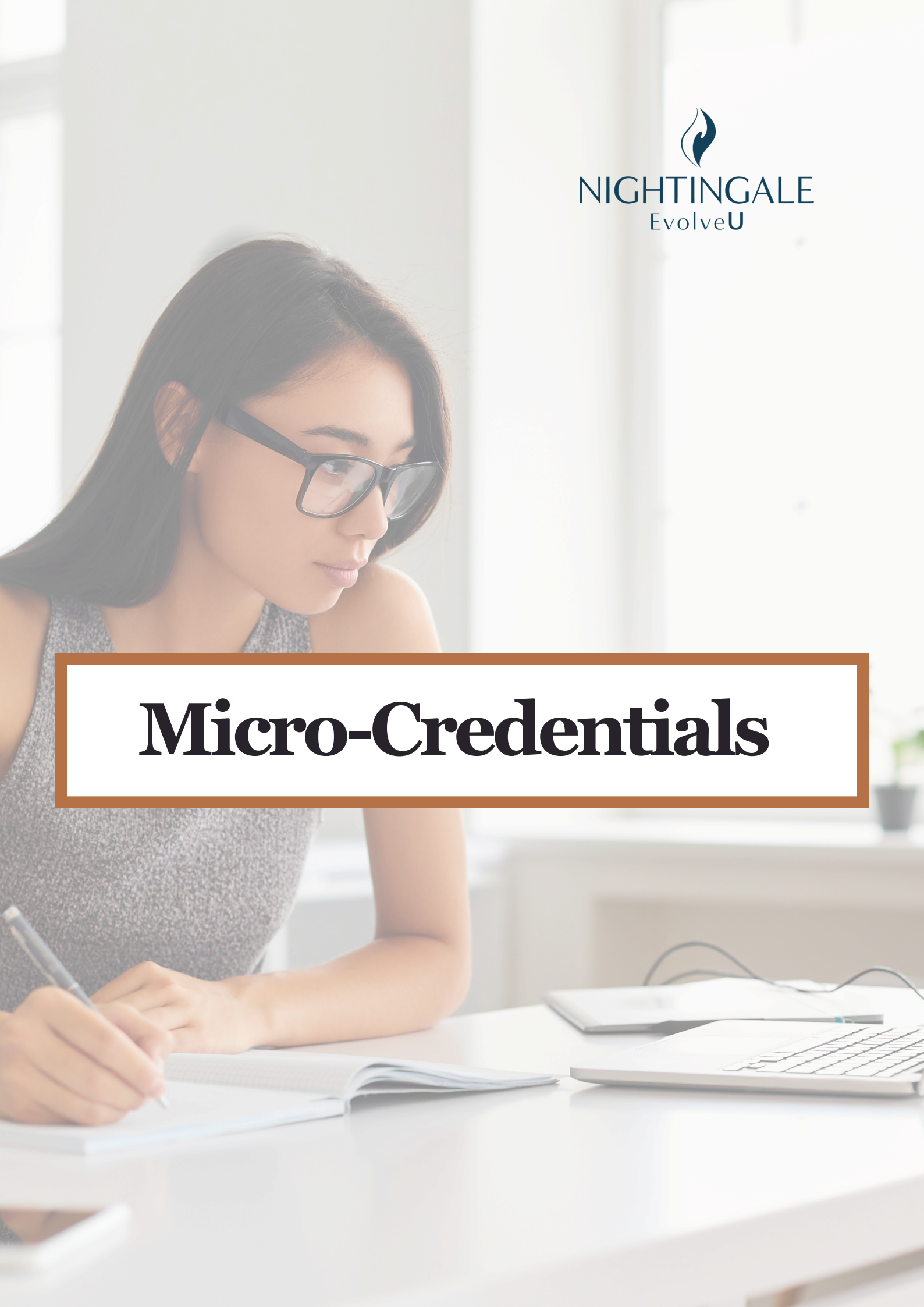


Contact Hours:
Coming Soon
CEUs:
Coming Soon

Elevating the Potential of Care Outcomes

Description

Approach clinical judgement under the umbrella of critical thinking and consider it an action for making decisions concerning patient care.



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Micro-Credentials



What are Micro-Credentials

A micro-credential consists of short, focused courses that verify advanced knowledge or mastery in a certain topic.

Why are Micro-Credentials Important?

Micro-credentials offer flexible, focused recognition of specific skills and competencies. They help learners demonstrate expertise, stay current in their field, and build toward career advancement, thus making education more accessible, personalized, and aligned with real-world needs.

Who Would Benefit from Micro-Credentials?

Any learner who would like to: :

- Continue their education
- Level up their career
- Demonstrate an ongoing commitment to learning
- Be more competitive in the workplace
- Try something new





Essential Workforce Skills







- Therapeutic communication
- Compassionate care
- Cultural competence
- Crisis intervention
- Health education and promotion
- Community engagement
- Emergency preparedness
- Resource navigation
- Advocacy for underserved populations
- Evidence-based practice application
- Critical thinking and clinical reasoning
- Leadership in healthcare settings
- Digital literacy for patient engagement
- Ethical decision-making
- Interdisciplinary collaboration
- Patient-centered care planning
- Reflective practice
- Trauma-informed care
- Mental health awareness
- Population health strategy

What's Included in the Micro-Credential Program?



Rural Health



Psychiatric Mental Health Nursing

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Rural Health



Rural Health

According to the Center for Disease Control (CDC), 15 percent (46 million people) of the United States population live in rural areas. Rural nurses work in smaller healthcare facilities and must be able to think critically and provide care for clients of all ages with a wide variety of healthcare needs. In rural healthcare settings, nurses need to be skilled in emergency medicine, pediatrics, cardiology, telemetry and surgery. Physical assessment and critical thinking skills are vital as rural nurses are faced with traumatic injuries, strokes and heart attacks. Rural nurses must engage in continued learning, updating certifications, and taking advanced classes to have a solid foundation of knowledge.

The Rural Health Nursing micro-credential program is designed to give nurses the skills, confidence, and competence to support rural communities. This program will also facilitate career mobility of learners and help meet the demand for rural healthcare nurses.

Program Outcomes

- Learners will gain insight into the foundation needed for population-based health promotion intervention while emphasizing theoretical models, intervention strategies, and culturally sensitive care.
- Learners will explore the scope of rural nursing practice, mental health needs, emergency preparedness, evidence-based clinical practice, and patient-centered strategies. Participants will engage in real-world scenarios, complete practical assignments, and build a foundation for impactful nursing care in underserved areas.

Series Outcomes (Continued)

- Learners will apply evidence-based practices and quality improvement strategies to real-world rural health issues. The course culminates in the creation and submission of a fully developed capstone project aimed at fostering health equity and addressing disparities in rural populations.
- Learners will explore the root causes of rural health disparities, examine ethical considerations, identify barriers to proper healthcare, and propose real-world solutions grounded in evidence-based practices. This course emphasizes critical thinking, advocacy, and the empowerment of nurses to make meaningful contributions to improving health equity in underserved rural areas.

Rural Health Nursing micro-credential program skill development includes:

Community Association Development

Develop associations within the community in order to better understand healthcare needs and policies.

Enable Population Health Improvements

Identify existing connections among ideas or solutions.

Issues Approach Implementation

Implement approaches to address a variety of issues in a healthcare environment.

Refer to the Next Page for the Courses.



Contact Hours: **10**

CEUs: **1.0**



Health Promotion for Rural Populations

Description

This course examines health promotion and disease prevention interventions related to rural populations. Learners will gain insight on the foundation needed for population-based health promotion intervention while emphasizing theoretical models, intervention strategies, and culturally sensitive care.



Contact Hours: **10**

CEUs: **1.0**



Nursing Care for Rural Populations

Description

This course will focus on the role of the professional nurse in promoting health and completing comprehensive assessments for rural clients. Learners will also focus on mental health services as well as emergency and disaster preparedness in the rural setting.





Contact Hours: **14**

CEUs: **1.4**

Rural Health: Determinants, Disparities, and Solutions

Description

This course will provide learners with the opportunity to examine issues in rural health while applying nursing knowledge and skills to promote, maintain, and restore health in the rural community. Learners will work to promote practice change, quality improvement, or innovation based on existing evidence-based practices.



Contact Hours: **14**

CEUs: **1.4**



Rural Health Capstone

Description

This course will provide learners with the opportunity to complete a rural community health assessment and develop community health initiatives to address rural healthcare needs. Learners will utilize research design, implementation, and application of research. Learners will explore evidence-based practice as well as quality improvement.

Contact Hours:
14
CEUs:
1.4



Rural Health: Emergency and Disaster Preparedness

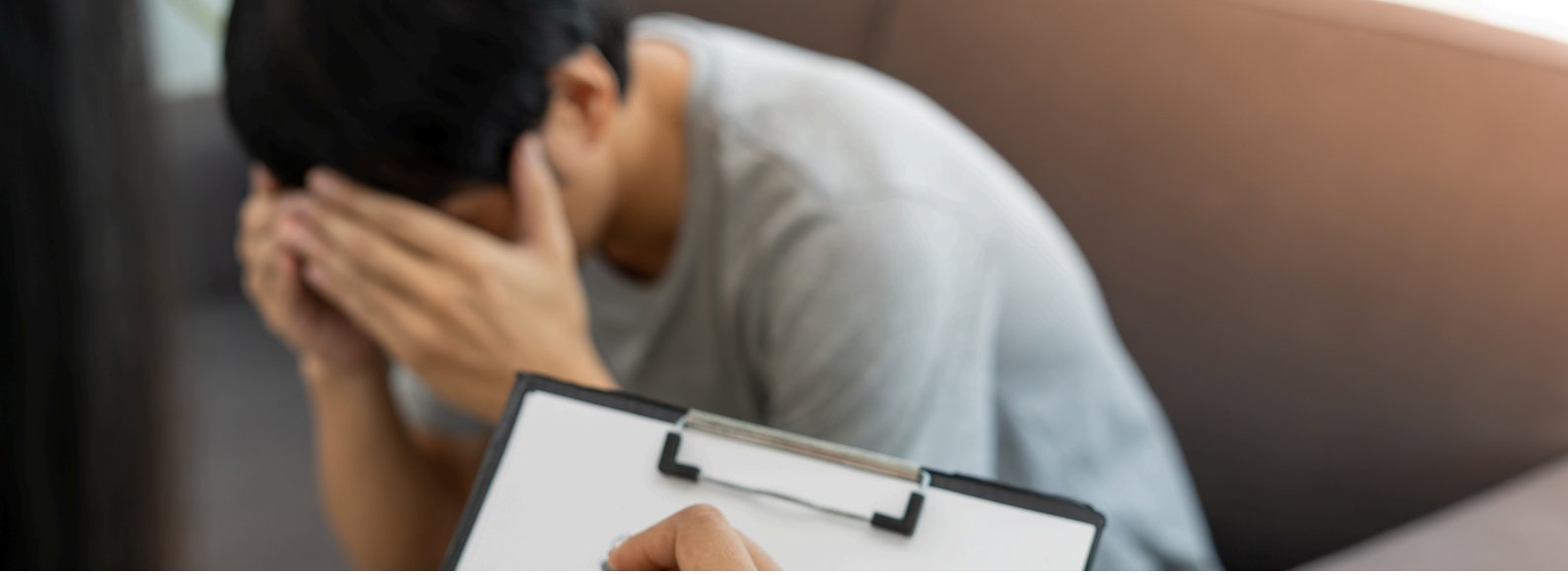
Description

Nursing Care for Rural Populations is designed to equip nurses with the knowledge and skills necessary to deliver effective, culturally sensitive care in rural healthcare settings. Throughout the course, learners will explore the scope of rural nursing practice, mental health needs, emergency preparedness, evidence-based clinical practice, and patient-centered strategies. Participants will engage in real-world scenarios, complete practical assignments, and build a foundation for impactful nursing care in underserved areas.



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Psychiatric Mental Health Nursing



Psychiatric Mental Health Nursing

The Psychiatric Mental Health Nursing micro-credential program will help positively impact the lives of individuals and families through knowledge, mastery, and holistic mental health services. Nurses will learn to support clients and their families through therapeutic communication as well as the application of evidence-based research to best serve their community.

Program Outcomes

- Provide safe, holistic, client-centered care for individuals consistent with American Nurses Association (ANA) Psychiatric-Mental Health Nursing: Scope and Standards of Practice.
- Use evidence-based practice, clinical reasoning, and critical thinking skills to promote and restore the mental functioning of individuals with psychiatric disorders.
- Provide culturally competent care for individuals with psychiatric disorders using assessment data.
- Use therapeutic communication while interacting with individuals with psychiatric disorders.
- Demonstrate effective leadership skills when providing and managing care for individuals in the mental health setting.



The Psychiatric Mental Health Nursing micro-credential program skill development includes:

Mental Health Education

Educate others on the effects of mental health conditions affecting members of society.

Compassion Demonstration

Demonstrate compassion by waiting, watching, and knowing when to act while providing healthcare.

Issues Approach Negotiation

Negotiate approaches to address a variety of issues in a healthcare environment.

Refer to the Next Page for the Courses.

Contact Hours:
75
CEUs:
7.5



Psychological Care Across the Lifespan

Description

This course guides learners through the developmental application of age and it's appropriate mental health assessment knowledge. This course will help learners develop a plan of care to manage specific mental health disorders. Throughout this course, learners will also discuss the influences of family dynamics and societal norms on mental health progression and recovery. The course will discuss the importance of nurse-client relationship development, therapeutic communication, and positive interactions.



Contact Hours:
78
CEUs:
7.8



Crisis and Trauma Informed Care

Description

This course focuses on identifying ways to safely and effectively intervene in a crisis situation. Learners will focus on care, respect, and cultural sensitivity while providing trauma informed care to individuals.



Contact Hours:
77
CEUs:
7.7



Suicide Prevention, Substance Related and Addictive Disorders

Description

This course will emphasize the importance of identifying suicidal ideation, it's potential, and the immediate actions to take if found in these situations. Throughout this course, learners will also discuss manifestations of substance abuse and other addictive disorders along with specific interventions and treatment modalities.



Contact Hours:
51
CEUs:
5.1



Memory Care

Description

This course is designed to provide learners with an understanding of neurocognitive disorders, specifically dementia and Alzheimer’s disease. Learners will be educated on the necessary skills to provide safe, quality care to individuals with dementia and Alzheimer's disease.



Contact Hours:

52

CEUs:

5.2



Social Media Counseling

Description

This course will provide learners with an understanding of what social media counseling is as well as an understanding of the opportunities that are available by using social media as a platform to promote counseling services. Learners will review legal and ethical dilemmas associated with social media counseling and apply the knowledge gained to create mental health educational content that could be used via social media.





Contact Hours:

66

CEUs:

6.6

Psychiatric Mental Health Treatment Modalities

Description

This course introduces learners to key treatment modalities in psychiatric mental health nursing, including cognitive-behavioral, biological, complementary, and psychopharmacological approaches. Learners will explore foundational theories and evidence-based interventions used across care settings and apply this knowledge to support holistic, patient-centered care.



Contact Hours:
62
CEUs:
6.2



Mental Health Nursing Capstone

Description

This course is a scholarly project that addresses an issue, need, gap or opportunity resulting from an identified psychiatric mental health nursing need. The capstone project will provide the opportunity for the learner to demonstrate competency through design, application, evaluation of advanced nursing knowledge, and higher-level leadership skills for ultimately improving health outcomes.



Wellness Pursuit

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What is Wellness Pursuit ?

The Wellness Pursuit Program is a series of eight courses for personal contests with three levels of challenges based on different cognitive skills: knowledge, comprehension, and application. In Level 1, learners will review content to stay informed. Level 2 tests understanding of wellness benefits, and Level 3 requires applying program information to real-life situations and creating an action plan for developing healthy habits.

Why is Wellness Pursuit So Important?

Wellness is the foundation of a fulfilling and balanced being, and it's essential to recognize its importance, regardless of your journey.

- The program ensures you have all the tools you need for a well-rounded wellness involvement.
- The program is a roadmap of personal growth, with eight dynamic courses, with engaging content, hands-on activities, and real achievements.
- The program is your commitment to wellness that ensures establishing healthy habits as a clear sign of your dedication.

Who Would Benefit from Wellness Pursuit ?

The Wellness Pursuit is ideal for healthcare providers who want to strengthen their personal well-being while building essential skills for patient care. Through eight focused courses, participants develop emotional resilience, stress management, communication, and decision-making abilities—supporting both professional performance and holistic health for themselves and those they serve.





Essential Workforce Skills

The Nightingale Wellness Pursuit Program covers the following Essential Workforce Skills.

- Acknowledge Differences
- Budget Interpretation
- Build Trust Behaviors
- Demonstrate Emotional Self-Awareness
- Demonstrate emotional self-regulation.
- Describe Social and Economic Dimensions
- Environment Creation
- Environmental Health Interplay
- Environmental Risk Strategy
- Evaluate Facts
- Evaluate Results Against Predetermined Goals
- Expected Growth and Changes in Development Stages
- Identification





- Explain Basic Financial Concepts
- Explain Different Financial Products and Services
- Explain Human Impact on the Environment
- Explain the Basics of Estate Planning
- Factors Affecting Psychological Well-being
- Human Development and Lifespan Changes
- Identify Environmental Issues
- Identify environmental risks.
- Identify Relationship Needs
- Influence of Culture on Perspectives
- Life Experiences Learning Opportunities
- Maintain Healthy Relationships
- Maintain Supportive Relationships
- Manage emotions in times of stress
- Promote Well-Being



What’s Included in the Wellness Pursuit?



Wellness Pursuit Program

Strategies for attaining harmony and fulfillment

Elevate your wellness

The Nightingale
WELLNESS PURSUIT PROGRAM



Explore the eight dimensions of wellness and transform your life.



Wellness Pursuit Program

The Nightingale Wellness Pursuit Program comprises eight courses, each with three levels of challenges. Each course includes approximately 1.5 contact hours of structured, asynchronous instructional content. Completing each course earns you a badge.

In every course, participants will need to accomplish the following:

- Reviewing course content
- Checking knowledge
- Practicing with case scenarios
- Journaling an action plan for healthy habits

Program Outcomes

- Demonstrate improvement of the overall wellness of individuals and communities by embracing each of the eight interconnected dimensions of well-being: emotional, environmental, financial, intellectual, vocational, physical, social, and spiritual.
- Demonstrate intentional learning, critical thinking, and reflection skills to raise awareness among individuals and communities to work toward longer, healthier, and happier lives.
- Use current research to identify best practices for physical wellness and individual needs to choose an appropriate strategy and feasible action plan for an interpersonal wellness pathway.
- Make decisions to feature wellness-related lifestyle and its benefits for developing healthy habits for general well-being.

Series Outcomes (Continued)

- Demonstrate effective management skills and attributes to incorporate healthy habits for general well-being in daily life. (just organizational)
- Demonstrate effective communication skills to convey information, facilitate dialogue, and leverage technology to support the constant improvement of well-being with and without the use of technology.
- Demonstrate the capability to evaluate, enhance, and maintain healthy habits in various situations.
- Collaborate effectively with peers and communities to raise awareness among individuals and communities to work toward healthy habits that support all dimensions of wellness.

Results may vary for each individual. The information provided is for general educational and wellness purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the guidance of a qualified healthcare professional with any questions you may have regarding your health or a medical condition.

The Nightingale Wellness Program skill development includes:

Promote Well-Being

Encourages proactive strategies for mental, emotional, and physical health. Often linked to healthcare, education, and social services roles.

Budget Interpretation and Financial Literacy

Covers understanding personal and organizational budgets, financial planning, and decision-making.

Maintain Supportive Relationships

Focuses on building and sustaining healthy interpersonal relationships, including trust, empathy, and collaboration.

Demonstrate Emotional Self-Awareness and Regulation

Involves recognizing, understanding, and managing one's emotions, especially in high-stress environments.

Evaluate Results Against Predetermined Goals

Involves setting goals, tracking progress, and adjusting strategies to meet wellness or professional objectives.

Refer to the Next Page for the Courses.





Contact Hours: **6**

CEUs: **0.6**

Physical Wellness



Description

The physical wellness course emphasizes the development of healthy habits, including a nutritious diet, regular exercise, and accessing appropriate healthcare, in order to achieve a happier and healthier life.





Contact Hours: **6**

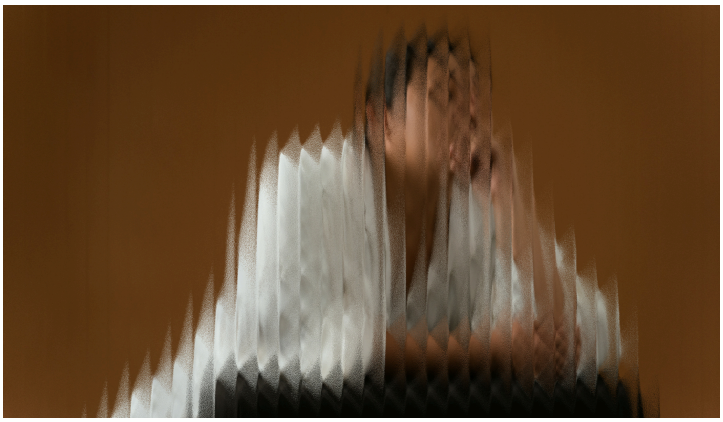
CEUs: **0.6**

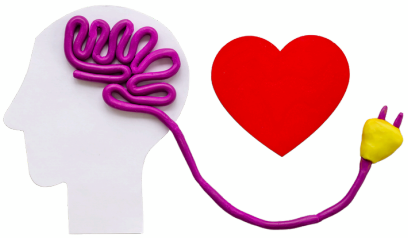
Intellectual Wellness

Description

The Intellectual Wellness course promotes a positive and constructive approach toward lifelong learning and encourages the practical application of acquired knowledge.







Emotional Wellness

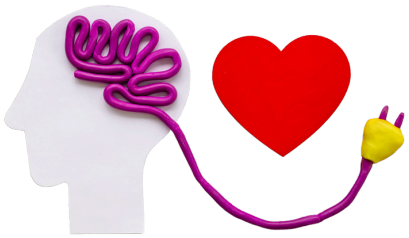
Contact Hours: **6**

CEUs: **0.6**

Description

The Emotional Wellness course empowers individuals with essential tools to express emotions effectively, find joy in life, conquer emotional hurdles, and manage stress with confidence.







Contact Hours: **6**

CEUs: **0.6**

Social Wellness

Description

The Social Wellness course encompasses the art of building and nurturing meaningful relationships with friends, family, and the community. It entails developing a genuine interest in the needs of others and humanity.





Contact Hours: **6**

CEUs: **0.6**

Vocational Wellness

Description

The Vocational Wellness course emphasizes the importance of engaging in activities that offer a sense of meaning and purpose, including gainful employment.





Contact Hours: **6**

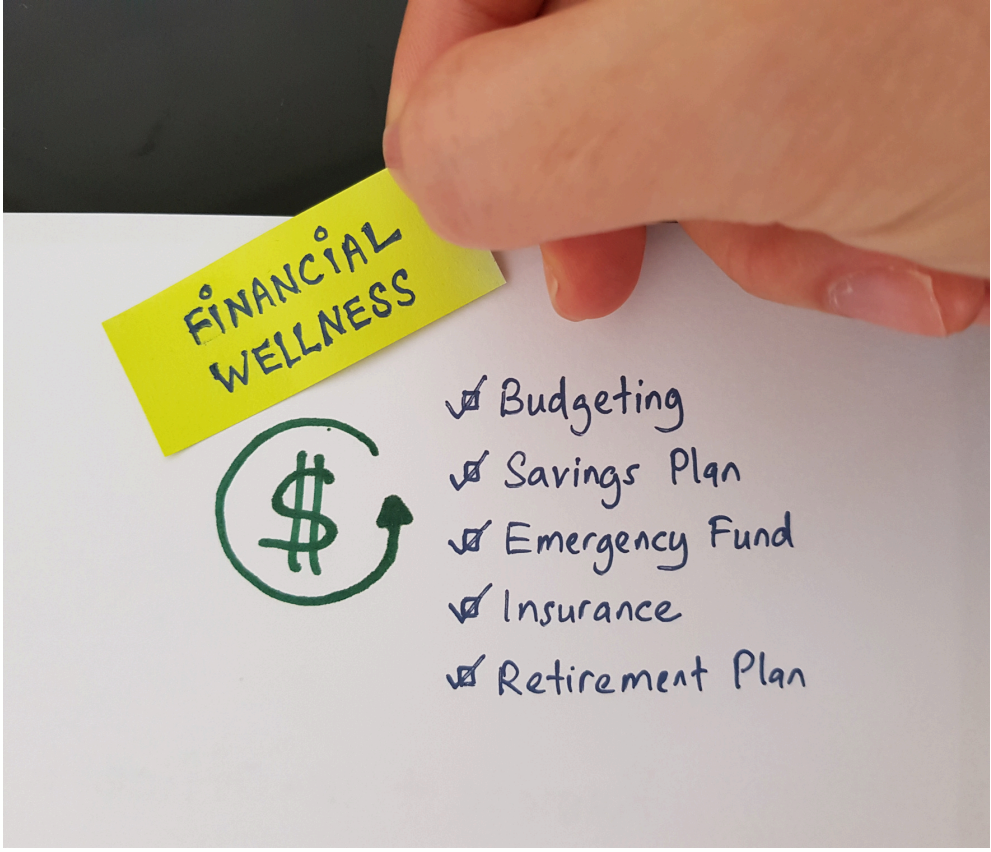
CEUs: **0.6**

Environmental Wellness

Description

The Environmental Wellness course focuses on maintaining a healthy and safe environment, including homes, workplaces, and broader surroundings, to create a more sustainable future for ourselves and others.





Contact Hours: **6**

CEUs: **0.6**

Financial Wellness

Description

The Financial Wellness course provides practical skills and resources for effective financial management, aiming to instill confidence in decision-making.



Contact Hours: **6**

CEUs: **0.6**

Spiritual Wellness

Description

The Spiritual Wellness course focuses on cultivating a deep sense of purpose, attaining optimal equilibrium, and fostering inner tranquility.

"Closing health equity gaps through education."



NIGHTINGALE
EvolveU

Continuing Education Units

Earning Continuing Education Units (CEUs)

Upon completing courses in our Educator Success Series, participants will receive a Continuing Education Unit (CEU) certificate to recognize their time and commitment to professional development. CEUs, awarded by Nightingale, reflect an educator's investment in advancing their teaching skills and enhancing their impact in educational and healthcare settings.

Nightingale College is accredited by the International Accreditors for Continuing Education and Training (IACET) and offers IACET CEUs for its learning events that comply with the ANSI/IACET Continuing Education and Training Standard. IACET is recognized internationally as a standard development organization and accrediting body that promotes quality of continuing education and training.





Badges & Certificates

Learners will receive badges to mark milestones upon completing specific courses, recognizing their progress and skill development along the way. Badges are exclusive to the Learning Management System platform and serve as a gamification tool, encouraging learners to stay motivated, track progress, and engage in friendly competition as they complete courses and series.

In addition to digital badges, learners receive downloadable certificates upon completing each course and full series. Certificates serve as portable, verifiable credentials that can be shared with employers, professional networks, and digital platforms—highlighting real-world competencies and commitment to continued learning.



> **Education** is the most **powerful** weapon which you can use to **change the world.**
>
> — *Nelson Mandela*