

An Independent Evaluation of the Queen's Nurse Development Programme (QNDP)

A Journey of Discovery . . .



Prior to the QNDP participants felt . . .

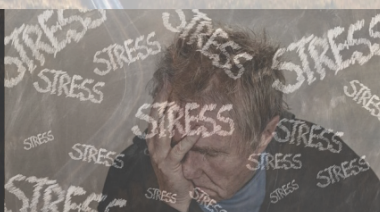
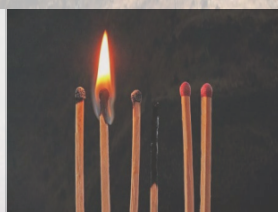
Stuck

Stagnated

Stressed

Fatigued

Had vague expectations of the QNDP



During the QNDP participants . . .

Were inspired towards positive change, and inspired positive change in others...

Developed authentic versions of themselves

Experienced personal and professional fulfillment...

Practiced honest self-expression

Embodied new, person-centred ways of being...

Explored new creative ways of being; thinking and working; energy, motivation and empowerment.

Were given the time and space to reflect and grow

After the QNDP participants . . .

Developed self-confidence, self-awareness, self-esteem and resilience

New levels of energy and empowerment

Became revitalised and rejuvenated and began to see work through a different lens...

Felt more motivated and efficient

Felt a sense of belonging to a 'Community of Practice' of Queen's Nurses