



“Tell me something good you are doing”
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Objective

- Experience how it feels to take ownership
 - Healthy relationships
 - Learning and caring environment
 - Honest communication, visibility, and trust

It starts within yourself

- It is easy to make a difference
 - My day will improve as I seek to improve the lives of others.
 - Today, I will be aware of the power I have to touch the lives of others in a meaningful way.

Build from the Heart



- From the Heart
 - We build genuine relationships, bonds built with unconditional love, joy, loyalty, trust, and conviction.
- Through the Heart
 - We connect with the world around us, the people, by connecting at the level of the soul.
- With the Heart
 - We foster commitment, we experience true passion, we take risks which give us the courage and fuel to do something with purpose and vision.

When something captures your heart, you are driven to succeed!



- Begin where you are.
- Learn by doing.
- Start small.
- Go with energy.
- Go with passion.
- Have enthusiasm.

Connect – don't be afraid of intimacy!



- Go to the people
- Live among them
- Learn from them
- Start with what they know.

"Giving frees us from the familiar territory of our own needs by opening our minds to the unexplored worlds occupied by the needs of others".
Barbara Bush

What do I have to offer?



- Consider your special talents you have and the skills you have developed.
- Ask yourself *"How can I make the world a better place?"*
- You will find an abundance of answers – Act on them!

Giving Frees Us



- Giving of yourself; the more you learn, the more your perspective changes and you find yourself with more compassion, understanding and confidence.

It starts within yourself



- Gratitude is the unintended gift I receive from giving to others. I will give that gift to myself.
- A grateful heart is a gift that will change our perception.

What are you meant to do?



- What gifts have you been given to share with the world?
- What lies behind us and what lies ahead of us are tiny matters to what lives within US.

Henry David Thoreau

We are meant to be passionate



- Opening your heart, listening to your calling, turns your vision into reality, grows confidence, and you are committed from the heart and soul.
- Passion is a heartfelt energy that flows through us, not from us.
- Passion feels our hearts when we allow it and inspires others when we share it.

Throw your heart over the fence, the rest will follow



- What are you willing to do?
- What kind of effort are you willing to make?
- How fearful are you?

Just Start – today, tomorrow, now is a good time!



- Realize that nothing we do is insignificant.
- Every act shapes the world for better or worse.
- And, we are responsible for whatever we do or don't do.
- Be aware of the power to touch lives of others in a deep and meaningful way.

Purpose of giving of oneself



- Is not to receive back,
- But by giving in full measure you receive more than you can give.

You are Professionals



- Definition of a Professional
 - “A calling or vocation requiring specialized, knowledge, methods, and skills, as well as preparation, in an institution of higher learning, in the scholarly, scientific, and historical principles underlying such methods and skills”

Mishoe, S. and Macintyre, N.

You are Professionals



- Develop intellectual interest in work.
- Know and understand the purpose and value of their work and derive pleasure from performing to their fullest potential.
- PRIMARY orientation to the community interest rather than to individual self-interest.

Guiding Principles of Change



- Make every inquiry appreciative
- We have influence
- Experience exuberance
- Believe in your abundance
- Be clear
- Embody the change
- We get what we pay attention to
- Patients and families come first

Source, Leading lasting change, IZ2, Jayne Felgen

Make every inquiry “Appreciative”



- Practice Appreciative Inquiry
 - Look at “what is” with appreciation for what it has provided us so far.
 - Helps create our plans for change based on what we already know.
 - Tool of perception – what is possible – empowers us to remove barriers see in order create.

We have influence



- In every relationship, we have influence
- Understand what we can and cannot influence as well as what does and does not broaden the scope of our influence
- Know what we can and cannot change
- Be proactive instead of reactive
- We can and must choose where we focus our attention

Experience exuberance



- Exuberance is an expression of the flow of positive energy through the human body.
- Makes fountains of ideas.
- Exuberance can be learned and practiced.
- Recognize it and express gratitude for it when you see it.
- Valuable gift we can offer in any collaboration.

Believe in your abundance



- Encourage people to own their own performance.
- Empower them to make decisions.
- Foster independence excellence.
- The more we share, the more we gain.
- Best to contribute what one can contribute whenever possible.

Be Clear



- If we want people to follow, be clear with about where we want them to go
- Clarity of purpose makes each of us a voice of common sense in a chaotic world.
- Anything that is worth doing deserves time and attention to details.
- Details, add clarity to your vision.

Embody the Change



- “Be the change you want to see in the world”.
Mahatma Ghanhi
- Remain visible and engaged no matter who else is leading.

We get what we pay attention to



- If we pay attention to our problems, we'll get more problems; if we pay attention to our successes we'll get more success.
- You get to what you pay attention to.
- Focus on the positive, you get more positive, move toward the goal.

Patient and family come first



- Professional practice is putting our patients and their families at the center.
- Care compassionately and competently, make a difference in the lives of the patients and families.

We all need a little bit of attitude



- Ask individuals to be accountable, accountability becomes the gateway to empowerment.
- Find a problem and solve it, become comfortable envisioning things the way we want them to be.

Moments of excellence



- Stand tall – be proud – let others know.
- Excellence comes in various forms.
- Brag about it.
- Collaborate

Soul of the Role – Something Good you are doing!



- Love, care giving, and emotional connection.
- Core of caring behaviors.
- Expression of the caring/healing care giver.

Hall marks of the role



- Respect individuals by recognizing their human needs for care.
- Communication given in a respectful manner
- Passionate about their role
- Settle for nothing less than “excellence”

12 step program for achieving “soul”



- Step 1
 - Become visible
 - Clear your mind and make that patient your focus
 - Introduce yourself

12 Steps



- Step 2
 - Anticipate needs
- Step 3
 - Be reliable
- Step 4
 - Listen, don't interrupt, don't get defensive
- Step 5
 - Stay in control
- Step 6
 - Self disclose

12 Steps



- Step 7
 - Care for each patient as an individual
 - Step 8
 - Use humor when appropriate
 - Step 9
 - Educate your patient
 - Step 10
 - Give your patient some control
 - Step 11
 - Show support with small gestures
 - Step 12
 - Leave preconceived thoughts at the door
- * Nursing, Nov. 1998 by Crelin, Kim

You are an unique individual



- You have much to share in knowledge and skill.
- Share your personality. We are all unique in ourselves, do not be afraid to show your human side.
- Plan your work, work your plan, make the most of what you have.

George Washington Carver



- “How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the strong. Because someday in your life you will have been all of these”.

Final thought



- Good, better, best.....never let it rest until our good is better and our better is best!
