

# ***“Resiliency: Nurses make the world ‘feel better’... but who takes care of them?”***

Presented by *Colleen Sweeney*

This 60-minute keynote is intended for an audience of **Healthcare Nurse Leaders and Nurses**.

## **Keynote Overview**

Leadership is one of the toughest jobs in the world. Now, add the current complexities of healthcare to the leadership equation and there are many days that seem too much to handle. The role of nurse leaders is one of central command that involves both right and left-brain proficiencies. In any one day, a nurse leader may find themselves dealing with budget issues, changing technologies, advancing care models, scheduling issues, conflict management, regulatory and legal requirements... and still none of these challenges compare to the challenge of leading a team. It is no wonder that it is reported that more than 40% of nurses suffer from physical, emotional or mental exhaustion, characteristic of burnout. In a profession where nurses are in the business of making everyone ‘feel better’, they are often the last to give attention to their own health and needs.

**Resiliency and perspective** are the essential skills essential for surviving and thriving in the world of successful nurse leaders. We will explore, through interaction, storytelling and laughter (lots of it!) how **practicing mindfulness** can change everything.

## **Keynote Outline**

1. What you do and say is who you are as a leader, and every nurse is a leader.
  - a. What do you believe about:
    - 1) Leadership?
    - 2) Your organization?
    - 3) People in general?
    - 4) Your team in particular?
    - 5) Yourself?
2. Everything you say and do tells of what you believe of the above
3. How did you get to be a leader?
  - a. An **exercise** done individually where they transport themselves back to the moment, they were told they were ‘leadership material’.
  - b. Now name the last person you told they would make a good leader.
  - c. Leaving a legacy is about leaders who discover other leaders.
4. Acknowledging the challenges of leadership
  - a. Introducing ‘mindfulness’
  - b. Changing perspectives
  - c. Embracing conflict
  - d. Choosing kindness
  - e. Developing your resiliency muscle
5. Developing habits to thrive
  - a. Putting processes in place
  - b. Setting expectations
  - c. You don’t need to have all the answers. In fact, people will like you more if you don’t.
  - d. Happiness and the ‘big revelation’ about it.