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Privileged Interruption: A Call to Caring

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Upon completion of this course, the participant will be able to:

1. Discuss the major driving forces in nurse turnover and burnout;
2. List four strategies which formal and informal leaders use to reduce burnout; and
3. Discuss the steps in working towards a work-life balance.

“The pursuit of passionate purpose, as well as its attainment, and relationships along the way bring the real rewards in life.”
—Theresa M. Szczurek, PhD

The Management Crisis of Our Time: LEADERSHOCK

Our leaders have many things in common. They are

- OVERWHELMED
- OVERLOADED
- OVERSTRESSED

“One of the major sources of stress, anxiety, and unhappiness comes from feeling like your life is out of control.”
—David Cottrell

The Top 10 Annoying Habits of Managers

1. Is a poor communicator
2. Lies
3. Is indecisive
4. Favors “sucks ups”
5. Does not listen
6. Procrastinates
7. Is forgetful
8. Withholds information
9. Belittles employees publicly
10. Talks too much

Source: Rodale Press, Inc.

Breaking The Cycle

Monday Morning Leadership:
Eight mentoring sessions you can't afford to miss

1. Drivers and Passengers
2. Keep the Main Thing the Main Thing
3. Escape from Management Land
4. The "Do Right" Rule
5. Hire Tough
6. Do Less or Work Faster
7. Buckets and Dippers
8. Enter the Learning Zone

You can't be everything to everyone,
so, for everyone's sake,
please stop trying!

"There is one quality which one must possess to win,
and that is definiteness of purpose,
the knowledge of what one wants,
and a burning desire to possess it."

—Napoleon Hill, *Think and Grow Rich*

Creating a Work ~ Life Balance

1. Know and Nurture the Person
Who am I? What do I value?
2. Find Passionate Purpose
What do I want?
3. Pursue Purpose
How do I get it?
4. Assess Progress
How is it going? What's next?

"Life is short.
Follow your heart,
in harmony with your head and hands.
Live your passion.
Enjoy the process. Begin now!"

—adapted from *"Pursuit of Passionate Purpose"*

Theresa M. Szczurek, Ph.D.



The Seven Principles of Inner Excellence

1. Change your beliefs about the nature of business and of life, and you will change how you manage your career.
2. In order to become fully successful, you must first be fully alive.
3. When you give up the illusion of who you thought you were, there is less to lose than you had feared.
4. You have the choice between being victimized by circumstances or being initiated by them.
5. When you are driven by life, the odds will be with you.
6. Your ordinary self is enough.
7. To achieve greatness, surrender ambition

Resources:

- Cottrell, D. (2002). *Monday morning leadership: 8 mentoring sessions you can't afford to miss*. Dallas, TX: Corner Stone Leadership.
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- Szczurek, T. (2005). *Pursuit of passionate purpose: Success strategies for a rewarding personal and business life*. Hoboken, NJ: Wiley.
- Zimmerman, D. (1997). *Unleash the potential: Unlocking the mystery of motivation*. Hails Corners, WI: Author.