



## Intensive Care for Nurses: How to Survive and Thrive

How many care plans have you written for your patients? *Probably thousands.*

And how many care plans have you written for yourself? *Probably none.*

Most of us have spent our careers caring for others, including our patients and our families, yet we have paid very little attention to our own needs. This has created professional fatigue, compassion exhaustion, burnout, and perhaps even a contribution to the nursing shortage.

This lecture invites participants to create their own "intensive care units" within their lives. These virtual intensive care units are places of the mind created by each nurse as sanctuaries and strategies designed to improve quality of life in both professional and personal worlds. Taking care of ourselves allows us to maintain our highest possible energy levels, to be able to develop the strength to provide the best possible care for patients, to provide for our family's needs, and to create the lives that we have dreamed about.

What we'll talk about...

- Unlocking your natural empowerment, even if you're feeling burned out.
- Taming the tiger of stress
- Secrets of resilience when the @\$% hits the fan
- De-fusing difficult people, including yourself
- Making your career bloom in the traditional garden of nursing
- Shifting your nursing skills to a new arena
- Attracting success, creativity, and abundance in all dimensions of life

You'll find strategies to get started with new energy and motivation to define your goals, meet them, and keep on growing!

***This keynote's themes are distillations of the full-day workshop of the same title. Its time frame can vary from 1 to 3 hours as your program requires. Its program placement could include...***

- ...opening keynote - rev up the participants right from the start!***
- ...part of personal and professional growth track.***
- ...closing keynote - send your participants home on a high note!***



**Contact Deborah to arrange a presentation for your group:**  
Wright Professional Associates, Inc.  
P.O. Box 1975  
Oldsmar FL 34677  
Telephone: 727-409-0701  
Fax: 727-797-2401  
E-mail: [Deborah@wrightnurse.com](mailto:Deborah@wrightnurse.com)  
Online: [www.wrightnurse.com](http://www.wrightnurse.com)