Taking the conference back into practice
Listen to what touches/challenges - you

• Lifestyle changes?
• Collaborative practice?
• 57% of nurses are over 50?
• Burnout is contagious?
• Optimism is contagious?
• Caring really matters?
• Careful Nursing Philosophy & Practice?
• ‘No matter what people tell you, words & activities can change the world’ Robin Williams
Some changes are needed...
Record them: “Winner’s Bible”
Get support for yourself - Professional supervision
Most important things first
# Time

**Mon Apr 29, 2013 (Total: 2:11)**

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<th>Activity</th>
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<td><strong>Agenda - budget for funding</strong></td>
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**Tue Apr 30, 2013 (Total: 5:15)**

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**Wed May 1, 2013 (Total: 3:59)**

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Least important things – beware of time-wasters
100th Monkey Effect
Engage the right people
Feed your soul
Breathe in and out...
Change can be slow
Time still moves forward
It starts with me

“Don't wait for a light to appear at the end of the tunnel, stride down there and light the bloody thing yourself.”

Sara Henderson
Make your world a better place