

**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

Telecom NZ 3G 6:04 PM 57%

TimeLogger Time Entries Remove

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

04/29/13 3:21 PM - 04/29/13 5:25 PM **Total: 2:04**

Admin/Meetings SCI Not Specified >

Agenda - budget for funding

Tue Apr 30, 2013 (Total: 5:15)

04/30/13 1:31 PM - 04/30/13 1:33 PM **Total: 0:02**

Emails SCI Not Specified >

04/30/13 2:09 PM - 04/30/13 7:22 PM **Total: 5:13**

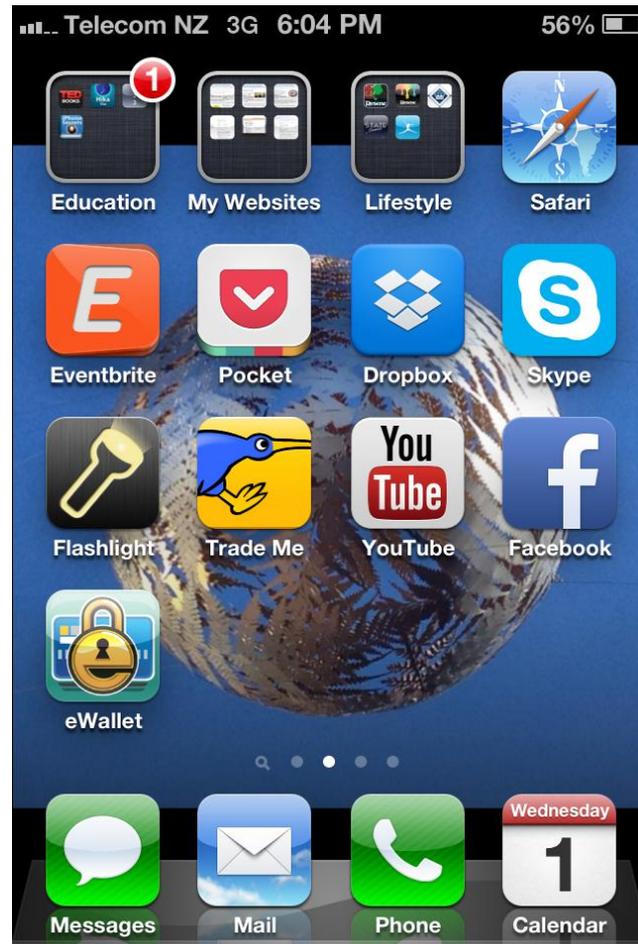
Admin/Meetings SCI Not Specified >

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

05/01/13 6:26 AM - 05/01/13 8:17 AM **Total: 1:51**

◀ ▶ Options Email CSV

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

