

New Nurse Academy, LLC

# Reigniting Your **Passion** for Nursing

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# Objectives:

## Define

- Passion & Purpose
- Alignment
- Self awareness
- Love language

## Identify

- What nursing means to you
- Domains of Emotional Intelligence
- 6 ways to reignite your love for nursing



NEMNLC

New England Minority Nurse Leadership Conference



Have you lost your  
spark for nursing?

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Hi,  
I'm Tiff



## NURSE LEADER

- Nurse Educator/Adjunct Faculty
- Certified Professional Development Specialist
- Nursing DEI Consultant, Trainer & Speaker

## NURSE AGITATOR

- Challenge Norms
- Courageous Conversations
- Professional Troublemaker
- Change Agent



# My flame dimmed when...

## No Promotion

Applied for  
clinical supervisor  
position and was  
denied

## No Succession

Identified goal for  
leadership, and  
did all the things  
to position myself  
to be next in line.

## Hit The Glass Ceiling

Reached the  
highest level I  
could, despite  
degrees,  
certification, clinical  
skills and desire...



# Alignment

## Defined As

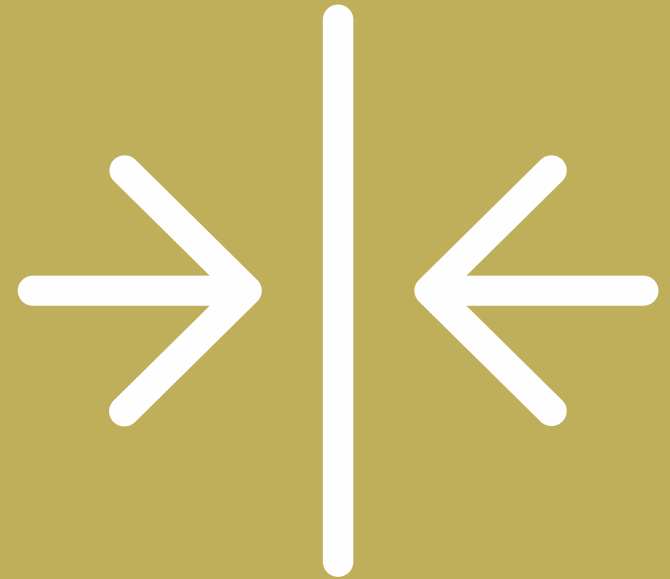
1. An arrangement in a straight line, or in correct or appropriate relative positions.
2. A position of agreement or alliance.

## Important In Life

It encapsulates our thoughts, choices, and direction in life. Most importantly, it honors our core values protecting our joy and peace.

## What Does It Mean?

you're vibrating at a frequency that matches that of your soul's intention



# 418,769 Nurses Left Their Jobs Since 2017



## Burn Out

a widespread phenomenon characterized by a reduction in nurses' energy that manifests in emotional exhaustion, lack of motivation, and feelings of frustration

## Stressful Environment

work long, irregular hours in hectic environments while caring for multiple patients.

## Poor Management/

Toxic leadership/  
ineffective leadership

## Inadequate Staffing

can lead to medical errors, a lack of engagement and missed nursing care



# What Does Being A Nurse Mean To You?

## A Job

Gainful employment, steady paycheck, overtime, etc.

## An Opportunity

flexibility in scheduling and numerous opportunities for different types of employment and promotions.

## An Identity

Embodiment of who you are as a person. An implication you are compassionate, caring, hardworking, ethical, trustworthy

## Passion or Purpose



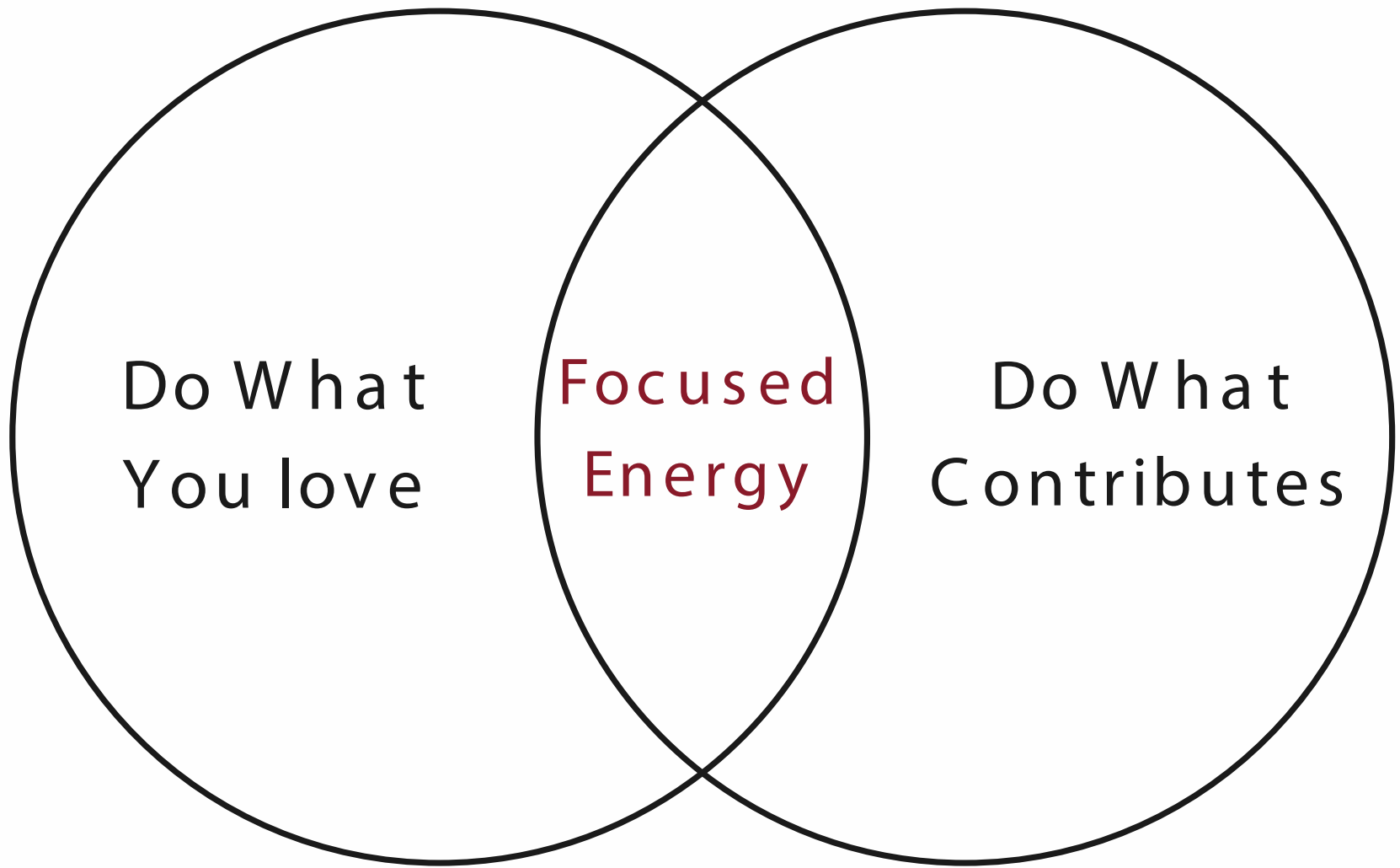


# You've Been Lied To...

Ain't no such thing as **BALANCE**

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# Passion & Purpose

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# Nursing Can Be An Expression Of Our Passion

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# Self Awareness

## Conscious

knowledge of one's own character, feelings, motives, and desires.

## Decision Making

Self-awareness allows us to see things from the perspective of others, practice self-control, work creatively and productively, and experience pride in ourselves and our work as well as general self-esteem

## 5 Cs

Clarity, Confidence, Creativity, Critical Thinking, Communication



# Emotional Intelligence



Self  
Awareness



Self  
Management



Social  
Awareness



Relationship  
Management



# Think About This

If you don't develop  
self awareness...

You might have an event that  
shakes the roots of your identity.

Ripples of this shaking may cause  
us to reorder our self-concept and  
present a slightly different identity.



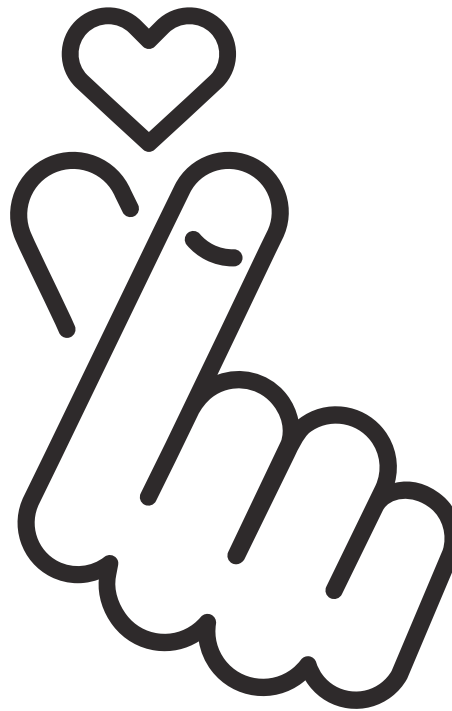
# Evaluate

- Are non-career/job related stressors such as family and finances affecting how you feel about your job?
- Are there duties in your current role that you dread?
- If you could re-design your job to address the causes of your discontent, what would it look and why?



# Love Language

- words of affirmation
- quality time
- receiving gifts
- acts of service
- physical touch



The 5 Love Languages,  
is a concept that was  
first introduced in 1992,  
by Philosophy Ph.D  
Gary Chapman

Understanding what  
motivates, stimulates,  
and makes you feel  
appreciated to live and  
succeed in a positive  
company culture is  
critical to keeping the  
flames lit.



Doing what  
you love will  
occasionally  
burn you out

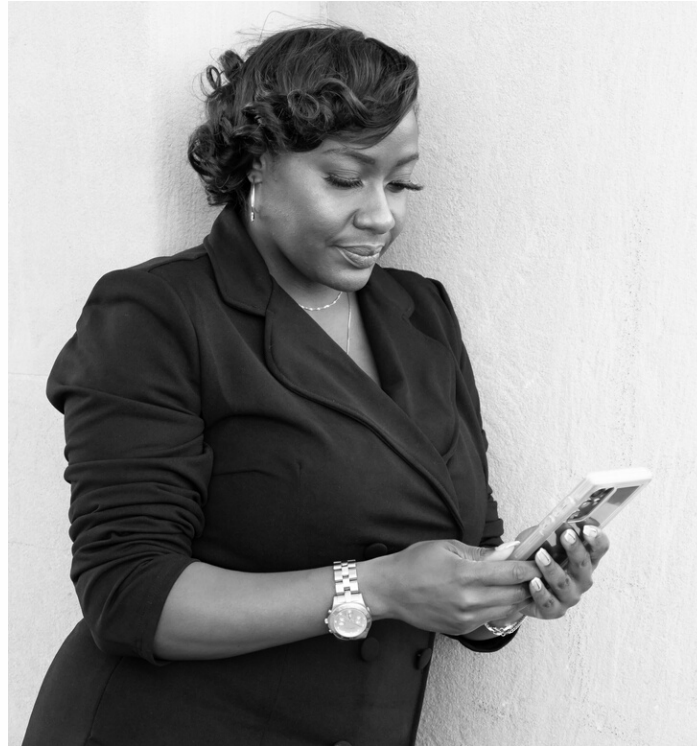
# Reignite Your Passion For Nursing

- Remember Your Why
- Remove Hurdles
- Spice It Up
- Prioritize Desires/Values
- Be Curious
- Savor The Good Moments



Be  
Intentional  
And Keep  
Your **Flame**  
Lit

# Stay in touch!



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