


STANDING IN A FUTURE OF POSSIBILITY

*Solving complex healthcare
problems with power, passion
and purpose*

Jerry Bridge, Speaker,
Trainer, Author for
Healthcare



NURSE PRACTITIONERS TRANSFORMING HEALTHCARE

- ▶ **What do we mean when we say Transformation?**
 - ▶ **What will it take?**
- 
- A series of three parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.



TRANSFORMATION

PLEASE SHARE ABOUT SOME OF
THE CHALLENGES YOUR
CURRENTLY DEALING WITH. FOR
EXAMPLE; PERFORMANCE OR
PRODUCTIVITY, PATIENT CARE,
PEACE OF MIND, SECURITY, AND
PERSONAL WELL-BEING OR
STRESS STRESS.


- *Personal well-being...plus caretaker for husband with beginning dementia (so far, 2 years with no projection for improvement).*
- *Work/home life balance...adding in time to exercise and prepare healthy meals*
- *Life balance, Equal representation, Growing our profession, promoting unity*
- *I wish to gain a voice that is strong, independent and will not turn from conflict with tail between legs. I need confidence in public speaking and enhanced communication skills for practice and future challenges.*

- *Stress with time seeing patients or during the busy season*
- *My biggest challenge at this stage in my career is my personal well-being and stress*
- *Insurance and available resources for home limited patients*
- *I feel a lot of frustration and end of day anxiety... I blame this on dealing with "I can't" and "I won't" coming from the patients I see day in and day out...*
- *Dream of a medical model less influenced by insurance mandates- dare I say - dreaming of single payer !!*

Life and the challenges
we face occur very
differently depending
on where we stand



“The purpose of this talk is to leave you standing at the top your mountain – from which to see and generate a new possibility for yourself and your work - a powerful, compelling future that carries the potential to transform your greatest challenges and heartfelt concerns, with renewed passion, power and purpose.”

A series of three parallel white diagonal lines extending from the bottom right corner towards the center of the slide.

STANDING IN NOTHING, A SPACE
FROM WHICH TO CREATE





*RELAX, CLOSE
YOUR EYES AND
IMAGINE...*

WHAT WOULD TRANSFORMING HEALTHCARE LOOK LIKE?

IF YOU HAD A **BREAKTHROUGH** ('A SUDDEN, DRAMATIC,
AND IMPORTANT DISCOVERY, AN INSTANCE OF
ACHIEVING SUCCESS IN A PARTICULAR SPHERE OR
ACTIVITY' WHAT WOULD THAT LOOK LIKE?

HOW WOULD THAT SHOW UP FOR YOU?

Several thin, white, parallel lines of varying lengths and orientations are positioned on the right side of the slide, extending from the middle to the bottom right corner.

- “...saying I do not wish to be an employee rather a colleague and her accepting it and being excited about the patient care potential
- I would focus my energy on risk management, legal nurse consulting and patient advocacy. I would lecture to healthcare professionals - specifically Nurse Practitioners on how to minimize their risk and still maintain the ability to provide high quality healthcare to their patients.
- Best available healthcare for all! Everyone gets what they need
- A breakthrough for me would be the people i see and treat everyday would actually take some of the advice and teaching i give them and follow through with that. They would take some responsibility for their health situation and turn their lives around.”

- HEALTHCARE FOR ALL, HEALTH EDUCATION FROM AN EARLY AGE, INTEGRATION OF NUTRITION WITH ALL DIAGNOSES
- My speaking to lawyers about need for female mammograms, Pap smears, immunizations, antibiotic abuse, male testicular cancer, breast self exam, & as above. Humor included. Vignettes of reality.
- A cure would be found for dementia and my husband and I could move on through life in a way that we thought that we would.
- I would love to make time each day after work to exercise before going home...I would be much happier and would feel better. I would also plan and cook meals for the week during the weekend.

FOUR WAYS OF BEING THAT GIVE YOU ACTIONABLE ACCESS FOR TRANSFORMING COMPLEX PROBLEMS WITH POWER, PASSION & RENEWED PURPOSE

Four Ways of Being that Create the Foundations of A
Great Personal Life, Great Leadership and A Great
Organization

By Werner H. Erhard and Michael C. Jensen

Being Cause in the Matter,
Taking a Stand



By “Being Cause in the Matter” we mean being cause in the matter of everything in your life as a stand you take for yourself and life, and acting from that stand.

To take the stand that you are cause in the matter, as contrasted with it being your fault, or that you failed, or that you are to blame, or even that you did it.

It is not true that you are the cause of everything in your life. That you are the cause of everything in your life is a place to stand from which to view and deal with life, a place that exists solely as a matter of your choice.

The stand that one is cause in the matter is a declaration, not an assertion of fact. It simply says: "You can count on me (and, I can count on me) to look at and deal with life from the perspective of my being cause in the matter."

Being Cause in the Matter Means You Give Up the Right to Be a Victim

When you have taken the stand (declared) that you are cause in the matter of your life, it means that you give up the right to assign cause to the circumstances or to others. (That is you give up the right to be a victim.)

At the same time, taking this stand does not prevent you from holding others responsible.

Being Authentic


Being authentic is being and acting consistent with who you hold yourself out to be for others, and who you hold yourself to be for yourself. When leading, being authentic leaves you grounded and able to be straight with others without the use of force.

Examples of Our Inauthenticities


We as persons and in our organizations desperately want to be admired. For many, **admiration** is the most valuable coin of the realm. Almost none of us is willing to confront just how much we want to be admired, and how readily we will fudge on being straightforward and completely honest in a situation where we perceive doing so threatens us with a loss of admiration. **We will do almost anything to avoid the loss of admiration, to look good** — stretch the truth, manipulate the facts, hide what might be embarrassing or unpleasant or even awkward and, where required, outright lie.

BEING COMMITTED TO SOMETHING BIGGER THAN ONESELF

Without the passion that comes from being committed to something bigger than yourself, you are unlikely to persevere in the valley of tears that is an inevitable experience in the lives of all true leaders. Times when nothing goes right, there is no way, no help is available, nothing there except what you can do to find something in yourself — the strength to persevere in the face of impossible, insurmountable hurdles and barriers.... every great personal life includes having to come to grips with one or more of these profound challenges.

Several white lines of varying lengths and angles are positioned on the right side of the slide, creating a modern, abstract graphic element.


*WHAT IS IT THAT YOU'RE **PASSIONATE** AND
NOT DOING OR WORKING ON... THE DOING
OF WHICH WOULD BRING YOU A SENSE
FULFILLMENT AND HAPPINESS?*

Several thin, white, parallel diagonal lines are positioned in the bottom right corner of the image, extending from the right edge towards the center.

- **I AM PASSIONATE ABOUT BEING INDEPENDENT**
- **I WANT TO OPEN MY OWN PRACTICE**
- **I AM PASSIONATE ABOUT RISK MANAGEMENT AND IF I COULD FOCUS ON THAT FULL TIME I WOULD BE VERY HAPPY.**
- **I LOVE TEACHING PEOPLE THINGS THEY NEVER REALIZED ABOUT THEIR HEALTH OR THE EFFECTS THAT BAD HABITS OR BEHAVIORS CREATE OVER THE LONG TERM**
- **I WOULD LOVE TO OWN REAL ESTATE AND RENT TO OTHERS. I WANT TO PHYSICALLY FIT...**
- **I AM DOING WHAT I ENJOY AND WHAT I AM INSPIRED TO DO. I AM A UNIVERSITY PROFESSOR AND I VOLUNTEER AS A PRIMARY CARE PROVIDER IN A FREE CLINIC.**

INTEGRITY: A POSITIVE MODEL

We use the phrase “whole and complete” to represent our definition of integrity. Defined this way, integrity is a positive phenomenon, not a virtue. There is nothing inherently good or bad about it, it is just the way the world is.

Several white lines of varying lengths and orientations are positioned in the bottom right corner of the slide, creating a modern, abstract graphic element.



LANGUAGE ...OUR
ACCESS TO
INVENTING A FUTURE
(OF POSSIBILITY)

“Because language does not mimic the world you can do things with it that are impossible under the laws of physics. You can create. Destroy. Rearrange. Shove words around however you like. You can make up stories about things that never happened to people who never existed.”

*The First Word, The Search for the Origins of
Language, Christine Kenneally*

I STAND FOR A FUTURE IN
WHICH...

Several thin, parallel white lines are drawn diagonally across the right side of the image, starting from the top right and extending towards the bottom left.

My Personal Pledge for Taking Care

Principles and Practices for Balancing Work, Well Being & Care Giving

Name _____ Date _____

Signed _____ Supporter _____

PRINCIPLES

1. The healthier I am, the more able I am to care for others. Self care is not selfish, it is a gift to those I care for most.
2. I will never 'get it all done' and that's okay! I release the need to try and get it all done. Instead, I will focus on what's most important.
3. My breathing is sacred and my breaths are finite. Taking conscious, deep breaths is relaxing, naturally healing and stress reducing.
4. I will practice self awareness and self compassion; these practices will help me to grow and become healthier—in mind, body and spirit.

Practices

MOVE IT OR LOSE IT! Walk ____ Yoga ____ Pilates ____ Swim ____ ? _____

I AM WHAT I EAT! I will manage and limit my intake of sugar, salt, fat, & processed foods. I will feed my body and brain the healthy, whole foods it yearns for.

MINDFULNESS & REST: I will practice conscious breathing, relaxing and meditating. I will take time to read, handwrite and connect with people. I will be mindful of my addiction to technology. I will work on slowing down, taking naps as needed and getting proper rest.

I STAND for a FUTURE in which (grandkids, family, travel, community, goals)

Jerry Bridge
Motivational Speaker - Humorist - Author
Subject Matter Expert on Stress, Performance, Work-Life Balance

Are You Practicin Relaxin?

To be sung to the tune of "If I Only Had a Brain"
New Lyrics, by Jerry Bridge

If you're practicin' relaxin'
Life wouldn't be so taxin '
In each and every day....

So it's time we start confessin'
Just how much we're stressin'
And learn a better way...

Now I know you're tryin hard
Just keepin up and feelin so tard...

With an open heart and some discipline
You really could relax within'
And surely you would then begin
To see the light of day ...

So....let's start practicin' relaxin'
Now life wouldn't be so taxin '
Each and every day....

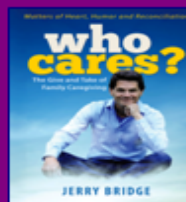


Keynotes Retreats Corporate Events

www.JerryBridge.com

Direct 760.918.6701

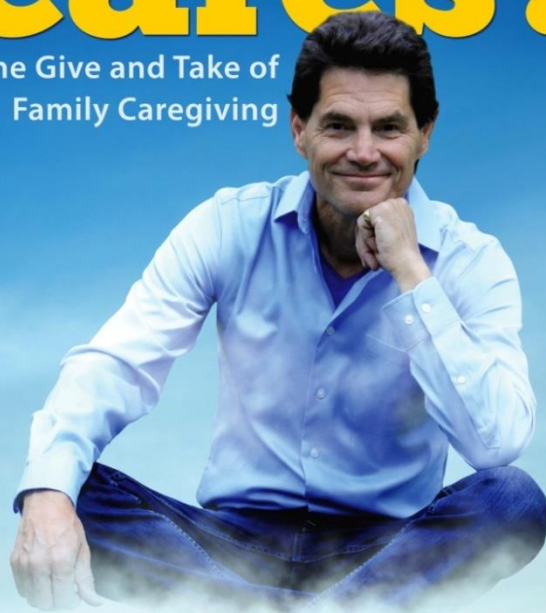
Jerry@JerryBridge.com



Matters of Heart, Humor and Reconciliation

who cares?

The Give and Take of
Family Caregiving



amazon

JERRY BRIDGE

WHAT ABOUT A PRESENTATION OR WORKSHOP FOR YOUR ORGANIZATION?

- Time-Project-Stress Management, Leadership
- Keynote, Retreat, Emcee

Jerry Bridge
805.219.0581

jerry@jerrybridge.com

