

Activity Title: Nursing for the fun of it, heaven knows it's not for the money

Speaker: Jeff Solheim

1. Verbalize the importance of drive in career and personal advancement
 - a. Do what you live, pursue it with a passion
 - i. Pictorial trip through the Amazon Jungle
 - ii. Rewards of persistence
2. State the importance that persistence plays in career advancement
 - a. Always pursue your dreams
 - i. Always pursue what you want, even if you don't feel qualified or up to the task. You never know if you may be the only person who is interested and be given the opportunity!
 - ii. Story of pursuing job on the cruise ship
3. Verbalize the importance of incorporating life lessons into future endeavors
 - a. Never live in regret, learn and live forward
 - i. Story of Eduardo
 - ii. If you learn from losing...then you haven't lost
 - iii. Contentment concentrates on what really is instead of what might have been
4. State the importance that humor plays in maintaining mental health
 - a. Take time to laugh
 - i. Errors in the Merck Manual
 - ii. Laughter, a frequent guest in the home of the contented!
5. Recognize the contribution that nursing makes in people's lives
 - a. Remember, we make a difference in nursing
 - i. Order of most trusted professions
 - ii. Measuring the impact of a nurse
6. Recognize indications of career burnout
 - a. Know when it is time to change
 - i. Indications of burnout
 - ii. Avoiding burnout
7. Verbalize the importance that a positive outlook has on career success.
 - a. Live life to the fullest, you only have one life to live
 - i. Story of Maxwell (Kenya)
 - ii. The good you do today will be forgotten tomorrow...do good anyway