Nursing 307 (1 Credit Hour)  
Winter I, 2012

Instructor:  
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Given in class

Course Description:
This course focuses on the management of energy, not time, as the key to high 
performance and personal renewal. Negative habits and thinking that drain energy 
from us will be identified. Students will learn and practice strategies that will 
enhance full engagement of their physical, emotional, mental and spiritual energies. 
Upon completion of this course, the student will develop a personal development 
plan based on their individual needs. The student will then utilize the skills and 
tools they have learned to continue the personal development plan throughout the 
program.

Course Objectives:
Students will develop and practice the following:
- Begin the process of connection to their purpose.
- Gain clarity of optimal energy in the context of high performance, for 
  example, physically energized, emotionally connected, mentally focused and 
  spiritually aligned.
- Utilizing the Full Engagement Personal Development Plan in the Resources 
  section of the book, students will go step-by-step through the process for 
  identifying their key values, developing a vision statement, creating rituals 
  that address their primary performance barriers and holding themselves 
  accountable each day to their commitments.

Text:  
The Power of Full Engagement
Author:  
Jim Loehr and Tony Schwartz
Publisher:  
ISBN-10:  
0-7432-2675-5
ISBN-13:  
978-0-7432-2675-2

Please complete the following assignment prior to the first class:
Read pages 3 – 194

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