NRS 307 - 7
Personal and Professional Development III

Credit Hours: 1
Location: Grand Island
Time: 6 pm – 10:30 pm
Dates: Mondays: 8/19, 9/16, & 10/7
Instructor: Drew Case, RN, MSN
Email: drew.case@doane.edu
Phone: 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.

The Connection To The Nursing Profession:
The Healthy People 2020 Initiative (U.S. Department of Health and Human Services) was announced in December, 2010. The overall goals of Healthy People 2020 are to:

- “Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death”
- “Achieve health equity, eliminate disparities, and improve the health of all groups”
- “Create social and physical environments that promote good health for all”

“Maintaining good health is not only important to a nurse's overall wellbeing, but it will also affect the quality of care provided to patients. Only when you feel good are you able to deliver optimal patient care. Nurses also serve as role models for patients.” (M.E. Koren & C. Chrisiti-McCuliffe in Nursing Leadership & Management, 2012). Nurses must lead by example.

Course Objectives:
Students will develop and practice the following:

1. Continue creating your purpose statement. Include your personal definition of health.
2. Gain clarity of optimal energy in the context of high performance, for example, physically energized, emotionally connected, mentally focused and spiritually aligned.

3. 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.

4. Develop methods of personal financial planning.

5. Utilizing the Wellbeing Daily Tracker, students will record and track their progress in relation to their wellbeing. This will be completed on a daily or weekly basis (student choice).

6. Identify the relationship your wellbeing has on your family, your career, basically your success in life.

7. Synthesize the correlation between wellbeing and overall personal success.

Text:  
*The Power of Full Engagement*  
**Author:** Jim Loehr and Tony Schwartz  
**Publisher:** The Free Press (2003)  
**ISBN-10:** 0-7432-2675-5  
**ISBN-13:** 978-0-7432-2675-2

Text:  
*WELLBEING: The Five Essential Elements*  
**Authors:** Tom Rath & Jim Harter, 2010.  
**ISBN:** 978-1-595662-040-8

**Grading:**  
**100 points total**  
**Attendance:** 10 points / 3 nights = 30 points  
**Engagement:** 10 points / 3 nights = 30 points  
Completion of class activities and assignments (reading both books, taking online assessments, completing “vision worksheets” and turning in on time) = 40 points

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**Attendance:**  
This class will be highly experiential and interactive. Therefore, class attendance is critical to the learning. There are only three class meetings, so you should not enroll for the course if you know in advance that you cannot attend one or more of the meetings. Once the class begins, the idea is to never miss a class, but we know that
life sometimes gets in the way of our plans. Attendance and Engagement points cannot be made up thus if you miss a class the highest grade you can achieve is a C+.

Class One:

Assignment:

Please complete the following assignment PRIOR to the first class: Read pages 3 – 194 in “The Power of Full Engagement”

As you read, “highlight” or take notes of anything that YOU deem important and would want to remember or look over again later without reading the entire book again. Type these “highlights” up when you finish reading the book and bring them to class! This should NOT take you more than an hour or so.

You can meet the authors, watch videos and more at www.SimondSchuster.com I encourage you to go to the site and check out the topics the authors discuss.

http://www.hpinstitute.com/video-library

In class:

Bring WELLBEING text to class. You will take the Wellbeing Inventory during class and print your results.

You will also visit:

http://www.theenergyproject.com/tools?gclid=CNONq9af87YCFfE7Mgod1X4AuQ and take “the energy audit”.

Break up into groups of 3-5. Get out your “Highlights” paper for The Power of Full Engagement and take turns reading and discussing them. A sample will be provided you can also use and look at.

Once you have finished your group discussion, begin to write your “Personal Vision” or purpose statement. See page 208-222 in “The Power of Full Engagement”. Handouts of the “Vision Worksheet” (pg. 208-222) will be provided in class for you to fill out and use. You will be able to include your personal definition of health, your standout strengths, your emotional intelligence and any information you want from Andy Andrews. The “Vision Worksheet” should be used as a guide or a tool. You may wish to deviate from this somewhat and modify to meet your specific needs. Create your own tool if necessary.
If time allows:

You should have a vision of your purpose. Visualization is important to assist your goals to become a reality; you should be able to see yourself accomplishing your vision. Divide into groups of 4-5 people. Describe your vision of your goal (what will your life look like) to your small group. Describe your purpose/goals/vision using details, colors, times, seasons, etc. Describe how you will make this happen. Be specific.

Class Two:

Finish any activity from previous week and continue to work on your personal vision statement.

This week, write another vision statement (future vision) about what you see in your life in one year, five years and 10 years. Write the document in present tense using the word “I” when necessary. For example, “In one year, I will weight ______. I have accomplished this by _____ and I am continuing, etc. Five years from now I will weight _____, etc. Ten years from now I will weigh ______. Continue with this thought process.

If you choose finances as the element of wellbeing you want to work on, what will your future look like? In one year, 5 years, 10 years? How will you make it happen. For example, “It is the year ______ (2014) and I have saved $2,500 for my rainy day fund. Then talk about 5 years and then 10 years.

You will see that by putting your “Vision” into a visionary statement, your chances of accomplishing that goal increase.

Use this time in class to get familiar with the Wellbeing website. You will be using the site to track your progress daily or weekly….what ever you decide. The main goal of this assignment is that you learn about what you want, create the picture (neuro-linguistic programming – NLP) and then work toward that goal.

Your instructor will be here to support your learning but will not be in charge of it. This is a time for you to bring 305, 306 and 307 together to create the life you want. The faculty at Doane believes if you know what you want, if you are clear on your purpose, your life will be more fulfilled AND your contributions will be something you will be proud of.

At the end of this class, turn into your instructor both of your vision statements (vision/purpose statement and future vision). Your vision statement should be a few sentences long. Your future vision statement should take the form of a story.
Class Three:

Keeping a chart can be an important tool to help boost happiness and overall wellbeing. People are more likely to make progress on goals that are broken into concrete, measurable actions with some kind of structured accountability and positive reinforcement.

By the end of this class, you will be familiar with the wellbeing daily tracker. You will have your goals in place and set up your reminders. You will start your first journal entry and take a repeat assessment of your wellbeing. You must be able to use the wellbeing site with ease.

We will track your progress throughout the program. When you take Nursing 416 – Leadership and Professional Practice, you will be required to discuss your wellbeing progress. **We will look at your progress, successes and obstacles.** We will look at monkey mind, your conclusions, coherence and incoherence, and other tools you learned in 305, 306 and 307. This will take place on the first night of class in Nursing 416.

Good luck. You may want to get a buddy to support you on your journey to improved wellbeing. Remember, Doane Nurses are leading by example. This is your opportunity to be role models for your families, your patients and your nursing colleagues.