

Balancing Your Life in the Midst of Change & Chaos



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*"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."
- Maria Robinson*

10 Key Strategies



1. Make a personal _____

2. Approach process from your _____

3. Reject _____ as a "badge of honor"

*"So often we are depressed by what remains to be done and forget to be thankful for all that has been done."
-- Marian Wright Edelman*

4. Decide what _____ to do



Trash can: Fill it up!!

"We need to maintain a proper balance in our life by allocating the time we have. There are occasions where saying no is the best time management practice there is." - Catherine Pulsifer

*"Women need real moments of solitude and self-reflection to balance out how much of ourselves we give away." -
Barbara de Angelis*

5. Practice saying, _____

6. Value _____



7. _____ for success

8. Deal with _____

9. Strive for lifelong _____




10. Explore _____

Present Moment .. Wonderful Moment: Mindfulness Versus for Daily Living by Thich Nhat Hanh

In, Out
Deep, Slow
Calm, Ease
Relax, Release
Present Moment, Wonderful Moment

"Striving for excellence motivates you; striving for perfection is demoralizing." - Harriet Braiker

Take-Home Action Plan:	
Start:	
Stop:	
Continue:	

Kathleen D. Pagana is President of Pagana Keynotes & Presentations. She is also an Emeritus Professor of Nursing from Lycoming College in Williamsport, PA. Her BSN is from the University of Maryland. Her MSN and PhD in nursing are from the University of Pennsylvania.

Kathy has been a leader in healthcare for more than 35 years with experiences including college teaching, administration, clinical practice, consulting, and business management. Kathy has written more than 85 articles. She and her husband are co-authors of 28 books with translations in French, Chinese, Korean, Spanish, Polish, and Portuguese. Almost 2 million copies of the Pagana & Pagana "Mosby's Diagnostic and Laboratory Test Reference" have sold worldwide.

Kathy has published "The Nurse's Etiquette Advantage: How Professional Etiquette Can Advance Your Nursing Career." She is also a contributing author of "Chicken Soup for the Nurse's Soul." Her newest book title is "The Nurse's Communication Advantage: How Business-Savvy Communication Can Advance Your Nursing Career." Working today as a professional speaker and author, her most requested presentations address the challenges of Leadership, Professional Etiquette, and Life Balance.

Kathy's involvement in healthcare extends from the bedside to the Board Room. She keeps current in clinical practice by working in a hospital several days per month on a medical-surgical unit. She is on the Board of Directors of a Health Care System. Kathy and her husband have 3 daughters and 7 grandchildren. Kathy balances her professional activities with a commitment to fitness and life balance.