

INSPIRED CARE

RICH BLUNI, RN

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ABOUT STUDER GROUP

MISSION

To make healthcare better for employees to work, for physicians to practice medicine and for patients and families to receive care.

VISION

To be the intellectual resource for healthcare professionals, combining passion with prescriptive actions and tools, to drive outcomes and maximize the human potential within each organization and healthcare as a whole.

VALUES

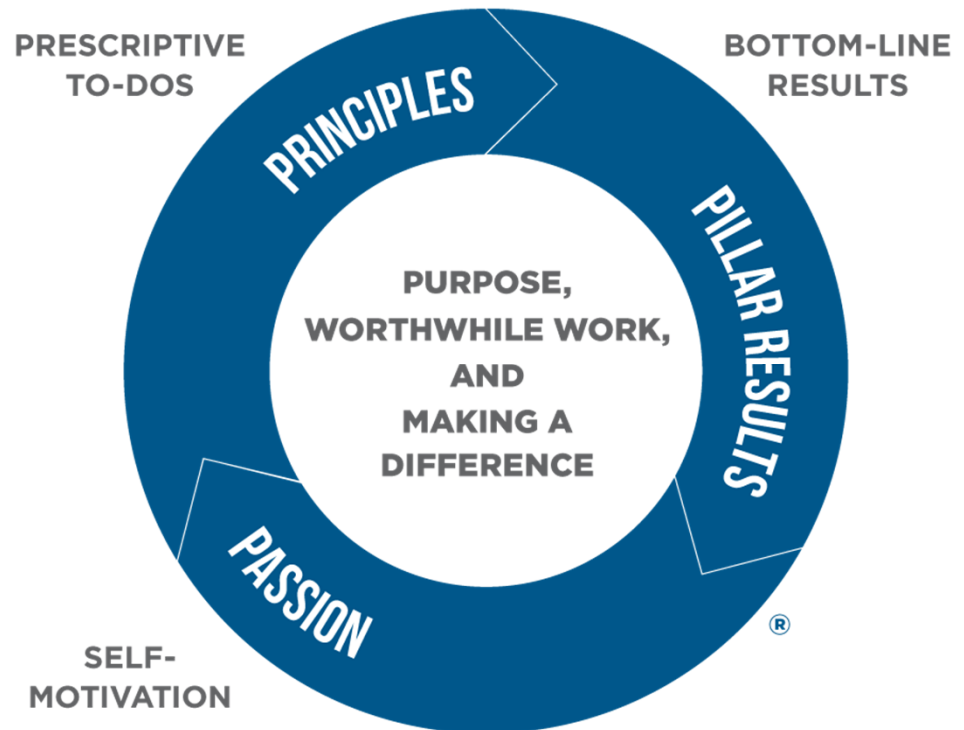
Teamwork | Respect | Integrity | Generosity
Learning | Measurable Achievement

ORGANIZATIONAL ACHIEVEMENTS

- 2010 recipient of the **Malcolm Baldrige National Quality Award**
- 99th percentile **employee engagement** for 9 straight years
- **50 Best Small and Medium Companies to Work For** (7 consecutive years)
- **For customer loyalty and willingness to recommend**, Studer Group ranks among high performing businesses like Apple, USAA, and Amazon as measured by the Net Promoter Score



THE HEALTHCARE FLYWHEEL®



A CALLING....

CALLING:

A strong inner impulse towards a particular course of action especially when accompanied by conviction of “divine” influence....

INSPIRED....

Aroused, animated, or imbued with the *spirit to do something*, by or as if by supernatural or *divine influence* ...

DESTINATION: INSPIRATION!



YOUR STORY...

“There is no greater agony than bearing an untold story inside you.”

- Maya Angelou

YOUR STORY...

- When Was Your Greatest Moment in healthcare?
- What Did That Feel Like?
- How Did That Experience Change, Mold Or Teach You?
- How will your story end?

YOUR STORY (THINK ABOUT IT)

- What are your “bricks”?
- What story defines you as a healthcare worker?
- Close your eyes...picture it. Hear it. Feel it. Be back in that moment.

YOUR STORY (WRITE ABOUT IT)

- Start keeping a journal. Tell your story
- It is who you are...where you came from...
- Share Your Stories...
- Create a book of stories for newer employees to your department...ask them to add theirs when they are done orienting...

Inspire It Forward:

- Create your department's "Book"...

GRATITUDE...

“If you cannot work with love but only with distaste, it is better that you should leave your work.”
-- Khalil Gibran.

“Thank You”? or “Poor Me ?”

GRATITUDE

TODAY YOU HAVE SOMETHING TO BE GRATEFUL FOR.

1. Start a Gratitude Journal...
2. Make it your mission this next week to give 7 handwritten thank you notes to 7 others in your field (nurse to nurse, Environmental to Environmental)...
3. The following week give gratitude either in writing or verbally to 7 people who support your work (CNA, Environmental, Secretary)...be specific

GRATITUDE

TODAY YOU HAVE SOMETHING TO BE GRATEFUL FOR.

Do you look for “reasons to be inspired” or “reasons to be offended” more often?

NOTICE THE “YELLOW CARS” IN YOUR LIFE...



YOUR THOUGHTS...

"As a man thinketh in his heart so is he,"
---Proverbs 23:7

"All that we are is the result of what we have thought."
-- Buddha.

What do you think about?

YOUR THOUGHTS...

“Did you ever stop to think, and forget to start again?”
~Winnie the Pooh

“The world we have created is a product of our thinking; it cannot be changed without changing our thinking.”
~Albert Einstein

YOUR THOUGHTS

1. Today: Notice the GOOD in everyone you meet. (Add this to your journal.)

MENTORS AND SUPPORT

“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

---Albert Schweitzer

YOUR MENTORS/SUPPORT

FINISH THIS THOUGHT: “IF IT WASN’T FOR ____ I WOULDN’T BE IN HEALTHCARE RIGHT NOW.” WHO IS THAT FOR YOU?

- Write the name of the person who has been your greatest mentor
- Write the name of the person who has been the most supportive at the beginning of or presently on your healthcare journey.
- If they were sitting right next to you what would you say to them?

WHAT ABOUT YOU?

NOW ASK YOURSELF....

Who am I a mentor to?

How can I inspire this forward?

Don't let it end with you. Imagine the difference you'll make?

BEING A MENTOR

“A **good** leader says; “Look what I’ve accomplished!” A **great** leader says; “Look who I’ve helped become accomplished.”

~Rich Bluni, RN

YOUR SPIRIT

MANY HAVE SAID TO BE “INSPIRED” IS TO BE “IN-SPIRIT”

1. You can not give what you do not possess.
2. How do YOU stay connected to “spirit”? Prayer, Meditation, Quiet, Music, Laughter...Bring this to your work place. YOU and those you care for will benefit.

Inspire It Forward: Spirit is filled when we give of ourselves...do one act of **anonymous** kindness at work this week.

INSPIRED NURSE AND INSPIRED NURSE TOO BY RICH BLUNI, RN

- Built around exercises that help incorporate the difference we make into our daily lives
- Filled with stories that illuminate those sacred moments of joy, wonder, insight, gratitude and grief

Write Your Way To Inspiration!

Inspired Journal, a companion to *Inspired Nurse*, helps you keep your connection to inspiration.



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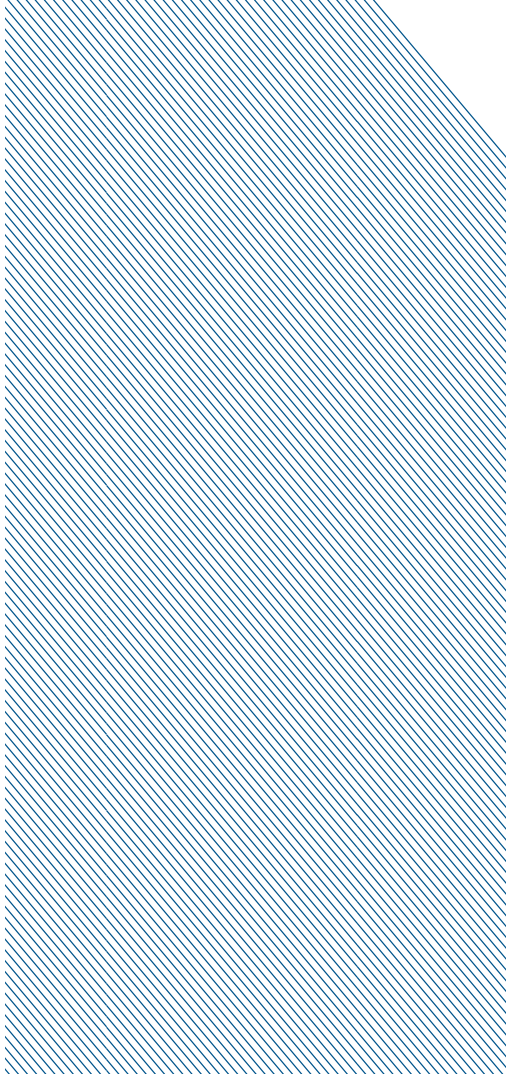
Award winning author, Rich Bluni, brings you his newest book:

Oh No...Not More of That Fluffy Stuff!
The Power of Engagement.



ALWAYS REMEMBER THE WHY...





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