



# The Daily Dozen for NPs...and we're not talking donuts!

Amelie Hollier, DNP, FNP-BC, FAANP  
*President, CEO APEA*

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## Objectives

- Compare one's own personal/clinical practices with those known to increase likelihood of attaining goals
- Learn to leverage technology and time to increase clinical effectiveness with patients
- Improve communication skills by learning to capitalize on personal attributes

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*The Daily Dozen*

## The Daily Dozen for NPs

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*The Daily Dozen*

# Operate from the Inside Out

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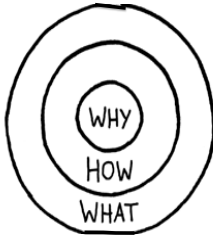
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## Operate from the Inside Out

Exceptional NPs operate from the inside out

### Golden Circle



Sinek, Simon. (2011). *Start with Why*. Retrieved from <http://amazon.com>

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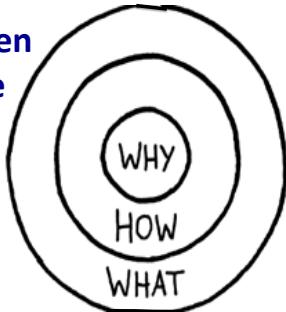
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## Operate from the Inside Out

### Golden Circle



Sinek, Simon. (2011). *Start with Why*. Retrieved from <http://amazon.com>

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## Limbic System



Language, rational thought, analytical thought

Beliefs, feelings, what controls behaviors  
**GUT BEHAVIORS**

imgarcade.com

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What's smarter, your  
Brain  
or  
your Gut?

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*The Daily Dozen*

**Be comfortable  
asking for help.**

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**When you ask for help or advice...**

- **You show respect for the person giving the advice**

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**When you ask for help or advice...**

- **....you show you trust the other person**

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**When YOU are asked to give help or advice...**

- **...you get to know that you made a difference in someone's life**

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*The Daily Dozen*

**Guard and Protect  
your most  
valuable asset!**

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*The Daily Dozen*

**Take Care of your  
health!**

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*The Daily Dozen*

**Work on  
Developing these  
3 Bones.**

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**The Daily Dozen**

**Lead by Example**

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**In order to lead, you must have a vision.**

**Where does your vision come from?**

Maxwell, John. (2002). *Leadership 101: What every leader needs to know*. Retrieved from <http://amazon.com>

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**Your vision comes from "inside"**



**...You MUST know your passion**

Maxwell, John. (2002). *Leadership 101: What every leader needs to know*. Retrieved from <http://amazon.com>

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## From where does Vision come?

### *Experience and history*

- Key events drive vision: mistakes teach more than successes!
- Learn from your mistakes (sometimes hard to do)

Maxwell, John. (2002). *Leadership 101: What every leader needs to know*. Retrieved from <http://amazon.com>

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From where does vision come?

## Vision come from Hearing

### *Voices*

- Inner voice (passion)
- Unhappy voice (status quo is not OK)
- Successful voice
- Higher voice

Maxwell, John. (2002). *Leadership 101: What every leader needs to know*. Retrieved from <http://amazon.com>

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**Leaders: Don't forget to communicate the vision (goal)!**

Maxwell, John. (2007). *The 21 Irrefutable Laws of Leadership*. Retrieved from <http://amazon.com>

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*The Daily Dozen*

**Embrace the 5  
hour rule.**

Simmons, Michael. Why constant learners all embrace the 5 hour rule, Inc.com Retrieved August 16, 2016

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**Learn Something new every day**

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**Education vs Learning  
What's the difference?**

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**Q. Should you get a DNP? Do you really *need* a DNP? Am I going to *HAVE* to get a DNP?**

**A. It depends**

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Do something with what you learn!

**Accomplishments are based on actions, not thoughts.**

(although the thought is the father of the deed!)

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**So,....Learn something new *every day* (and remember to use it!)**

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*The Daily Dozen*

**Leverage  
technology...so  
you can work  
smarter.**

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**Embrace Technology**

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Let Technology *help you*

**Work smarter!**

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## The speed of life has increased!

And consequently, you must constantly raise your personal bar!

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## When information moves digitally...

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## Technology can save time!

- Typewriter vs. Computer
- Flip phone vs. smart phone
- Calling vs Emailing vs Texting vs VTexting

*There can be enormous increase in productivity and efficiency*

**Watch out for the Learning Curve!!!**

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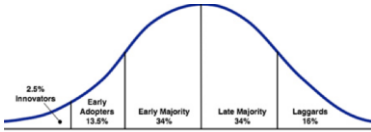
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### Is Everyone Using an EHR?

- Meaningful use?
- Electronic prescriptions? Controlled substances?
- Electronic lab/rad orders?
- Documenting with voice recognition software? Scribe?



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### Social Networking Sites for Practices

- Facebook
  - Twitter
  - Linked in
  - Pinterest
  - Instagram
- On, and on, and on

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### Professional Responsibility

- Facebook
- Twitter
- Linked In **Responsibility**
- Pinterest
- Instagram

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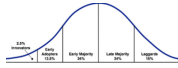
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### Let Technology Help you

Use it, have fun with it,  
remember your  
professional responsibility



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### *The Daily Dozen*

**Identify your BIG  
rocks so you can  
build momentum.**

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***Build Momentum every  
year...***

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## Build Momentum

$$M = \frac{Fi}{t}$$

F=focus

i=intensity

t=time

M=momentum

Maxwell, John. (2011). *The 5 Levels of Leadership*. Retrieved from [http:// amazon.com](http://amazon.com)

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**Have you noticed that animal trainers  
always have a 4 legged chair?**

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**Too Many Priorities Paralyze you!**

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Habit 6: Get Momentum on your side

$$M = \frac{Fi}{t} \quad \text{Intensity}$$

F=focus  
i=intensity  
t=time  
M=momentum

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The real determinant of Momentum  
is Time

$$M = \frac{Fi}{t} \quad \text{Sustainability}$$

F=focus  
i=intensity  
t=time  
M=momentum

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Get Momentum on  
your side

$$M = \frac{Fi}{t} \quad \text{side}$$

F=focus  
i=intensity  
t=time  
M=momentum

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Get momentum on  
your

$$M = \frac{Fi}{t}$$

F=focus  
i=intensity  
t=time  
M=momentum

side

**TIME!**

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*The Daily Dozen*

**Protect your time.**

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*The Daily Dozen*

**Recognize that  
change is always  
an opportunity;  
and Never operate  
without a plan.**

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# ***Change is an Opportunity***

Exceptional NPs Adapt to Change

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## **Remember Charles Darwin?**

***It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is most adaptable to change.***

Unknown author

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**So, change is an Opportunity, *but it takes courage, a goal, and a plan.***

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**Everything Changes.  
Nothing stays the same.  
Everything has a beginning  
and an end.**

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***Willingness to change* is an  
essential ingredient to success  
with anything.**

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**What do YOU need to  
change?  
Make it a GOAL, today!**

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**What do YOU need to change?**

**Get healthier?**

**New job?**

**New skills?**

**DNP degree?**

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**To Seize the Opportunity that Change Presents:**

**Be Courageous**

**Set a Goal**

**Develop a Plan**

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What's your goal?

**Goal must be concrete!**

**A goal without a plan is just a dream!**

**Never operate without a goal!**

Ramsey, Dave. (2011). *EntreLeadership*. Retrieved <http://amazon.com>

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What's your plan?

### A good plan has 4 components

1. Specific and measurable
2. Must have a time limit
3. You must own it
4. **Put it in writing!!!**

Are your goals as clear as your patient's goals?

Ramsey, Dave. (2011). *EntreLeadership*. Retrieved <http://amazon.com>

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### Make your goals pervasive!

Post your goals everywhere you spend time!

*Bathroom*

*Car*

*Computer screen*

*Office*

*The more you see your goals, the more likely that you will achieve them!*

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### What would you do today if you knew you wouldn't fail?

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*The Daily Dozen*

**Be generous.**

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*Daily Dozen*

- Be generous at home and at work
- Be generous with your time
- Share your talents
- Help develop, mentor new NPs
- Get committed to your profession

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*Daily Dozen*

**Baker's Dozen**

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*The Daily Dozen*

**Love what you do!**

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**Thank you!**

**For questions or to contact me:**

**Amelie Hollier**

**[amelie@apea.com](mailto:amelie@apea.com)**

***Advanced Practice Education Associates  
Lafayette, LA***

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