

## The Evidence on Human Flourishing: Finding Balance for NP Faculty

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### Today....

- Evaluate the cause and effects of current demands on NP faculty
- Describe the Evidence-based strategies that align with human flourishing
- Evaluate NP leaders who have flourished amongst heavy demands

### Adult Development Stages



Berger, Jennifer Garvey Berger (2011). *Changing on the Job: Developing Leaders for a Complex World*. Stanford University Press.

### #1 Balance is a Myth

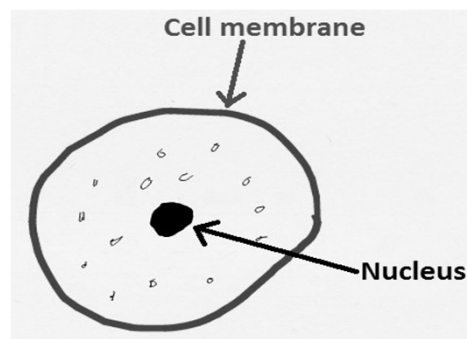


### # 2. Become the CEO of your WHOLE Life

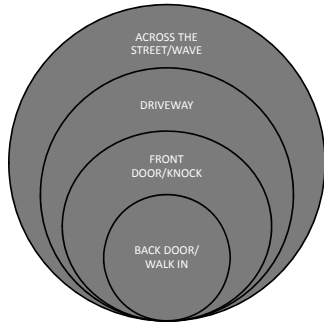
- THOUGHTS dictate *everything*
- Take full charge of inner life



### Even a Cell is SELECTIVE



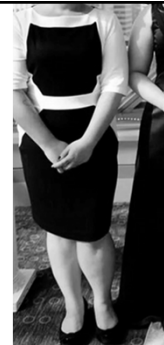
## INVISIBLE BOUNDARIES



## # 3 Willpower is not Reliable



BEFORE



7 MONTHS LATER

## # 4 Deploy Strengths

## # 5 Prune your Peeps

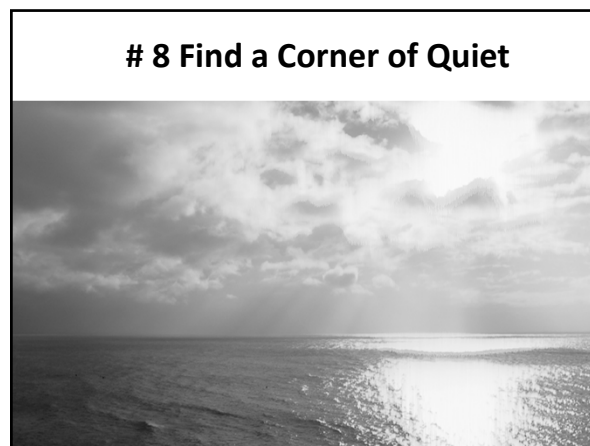
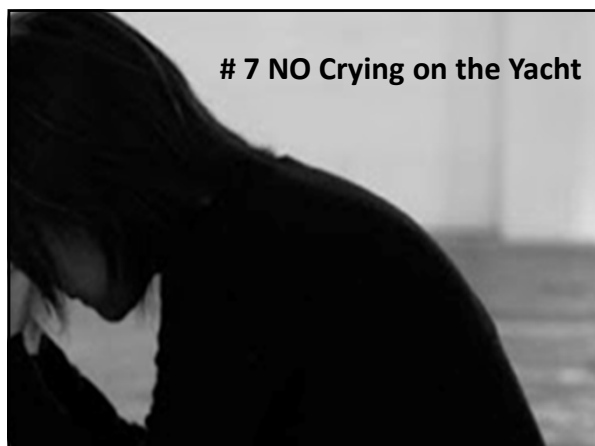
- Web of Support
- Assess "first responders"
- Dump the "frenemies"



## New Year's Resolutions for 2009 ~~2011~~ 2012

### # 6 GOALS GONE WILD

1. Lose <sup>more</sup> weight again
2. Get fit next year
3. Give up <sup>and cigarettes</sup> alcohol <sup>less</sup>
4. Stand up to boss <sup>find job</sup>
5. Be nicer to my <sup>ex-</sup>wife <sup>life</sup>
6. Sort out junk in shed



What 3 things do you do MOST days?

- Determines success in ANY goal attainment
- What do you **do** regularly?
- Are you good with that?



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References available at: [www.eileenogrady.net](http://www.eileenogrady.net), click on resources



### **The Science of Living In Balance**

1. Balance is a Myth
2. Become the CEO of Your Whole Life
3. Willpower is not Reliable
4. Deploy Strengths
5. Prune your Peeps
6. Avoid 'Goals Gone Wild'
7. No crying on the Yacht
8. Find a Corner of Quiet