The Evidence on Human Flourishing: Finding Balance for NP Faculty

Eileen T. O’Grady PhD, RN, NP-BC
Certified Nurse Practitioner and Wellness Coach
www.EileenOGrady.net

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

Complexity

Transformed
Wisdom
Other-centered
Self-centered

#1 Balance is a Myth

Even a Cell is SELECTIVE

# 2. Become the CEO of your WHOLE Life

• THOUGHTS dictate everything
• Take full charge of inner life
# Invisible Boundaries

- Across the street/walk
- Driveway
- Front door/knock
- Back door/walk in

**# 3 Willpower is not Reliable**

Before and after images of weight loss.

**# 4 Deploy Strengths**

# 5 Prune your Peeps

- Web of Support
- Assess “first responders”
- Dump the “frenemies”

**# 6 Goals Gone Wild**

New Year's Resolutions:
1. Lose weight again
2. Get fit next year
3. Give up cigarettes
4. Stand up to boss
5. Be nicer to my wife
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?

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

Eileen T. O'Grady
Certified Nurse Practitioner and Wellness Coach
References available at: www.eileenogray.net, click on resources

# 7 NO Crying on the Yacht

# 8 Find a Corner of Quiet