

Simplify to Impact

Clear the chaos, lead with impact

Free up 4-8 hours in your work week



Problem

Healthcare leaders today face many workload challenges:

- Triple-booked calendars leaving no time for EBP such as employee engagement activities
- Duplicative and wasteful meetings that do not drive metric improvement
- Overwhelming administrative burden such as audits, reports and presentation preparation
- Long hours and being on call 24/7



Full Day Workshop

Designed for today's busy nurse leader, attendees learn innovative strategies to create protected time during their week to focus on what matter most.

Benefits include:

- Free up 4-8 hours per week per leader (protected time)
- CNE can create shared expectations on how to leverage newly protected time to advance nursing and org strategic initiatives
- Create new shared norms around Email behaviors, Managing meeting invites & attendance, Communicating workload, Boundaries & balance at work
- Retention strategy
 - Increased job satisfaction by getting back time and being more efficient with projects and tasks
 - Reduce workload fatigue and the moral distress associated with it
- Team building
 - Real world challenges are acknowledged, shared and addressed as a group
- CE eligible



As an AONL Nurse Executive Fellow, a DNP in Executive Leadership from Duke University and board certification as an Advanced Nurse Executive, Dr. Carter helps leaders go from surviving to thriving

TOOL EXAMPLES

Calendar Triage

Run all meeting invites through the triage tool & create protected time to focus on what matters most

Meeting Streamlining

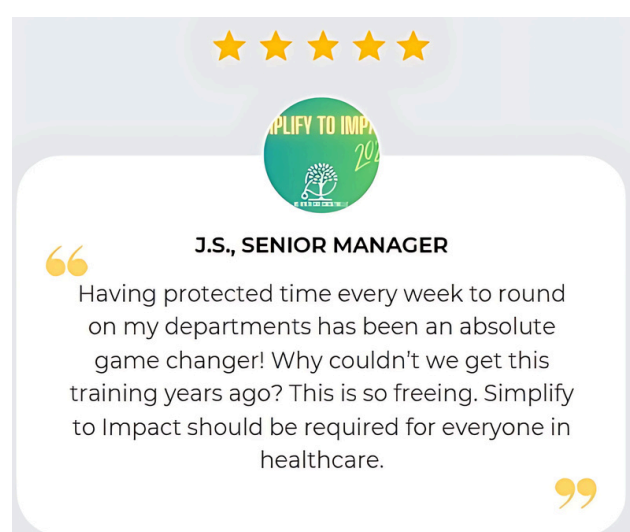
Eliminate wasted time & drive action in between meetings

Boundaries Scripting

Protect your time & workload & maintain professional relationships

Nervous System

Strategies to keep you grounded to show up as your best self every day



Previous Workshop Attendee Feedback

4.9/5 on CE evaluations for:

- Effectiveness of workshop
- Speaker expertise
- Overall quality of workshop
- Being equipped to sustain strategies long term



www.mchcc.net/simplify-to-impact



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