

# 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

*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*



## 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

## 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](http://www.mchcc.net/simplify-to-impact)



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