How To Sustain the Joy in Being a Professional Caregiver

The ever changing nature of the healthcare industry is placing huge demands on today’s nurses. Many report that it is a challenge to remaining connected to their compassion and commitment. This program offers nurses insights into how to rediscover and sustain the Joy of practicing nursing.

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Throughout her 30 plus year career; she has practiced in a variety of emergency department, acute care, subacute care & LTC settings. Phyllis holds Baccalaureate degrees in Psychology, Sociology and Nursing. She completed her Graduate Degree in healthcare management; and was conferred a PhD in 2008. Phyllis ventured out as a nurse entrepreneur with the founding of her Consulting Firm, MFW Consultants to Professionals in 1994. She has taught and consulted on a variety of clinical and non-clinical subjects throughout the greater New York area. She is also a Legal Nurse Consultant.

Phyllis has promoted balanced living and a healthy work environment as a Feng Shui Practitioner since 1999; and blends traditional personal coaching practices with eastern philosophy and vibrational healing. She is a student of the Tibetan Buddhist practices. She was invited to speak at the State Convention of the NJ NLN & the NYC Council of Nephrology Social Workers& LI Nephrology Nurses on the dangers of Compassion Fatigue; and at NYIT School of Nursing 2013 Spring Colloquium addressing Post Traumatic Stress Disorders. She has participated in several web-radio broadcasts addressing the subject of career development, caring for the caregiver & compassion fatigue.

Phyllis is a regular contributor to National Healthcare Career Network’s Nursing Success TV series launched in 2013 with her Ask Dr. Phyllis segment & was a featured speaker in the NHCN’s Take Charge of Your Nursing Career Webcast Series in 2012. She is currently featured as a career coach on the AORN Website Career Center. Later this year Phyllis will be the Keynote speaker for the New Jersey State NLN Convention in Atlantic City and presenting at the AORN National Convention in Chicago. Her new book, The Delicate Balance: A Mindful Approach to Self-Care for Professional & Family Caregivers at http://www.mfwconsultants.com and Amazon.com.