

Keynotes and Presentations

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Most Requested Presentations

Momentum Leadership: Energizing Your Career with Purpose, Protocol & Passion

Today's leaders are challenged to continually solve new problems. But they must also implement the creative solutions they conceive. By increasing and sustaining their leadership momentum, they can succeed at both.

Learn how to proactively:

- Broaden your knowledge base to help you recognize opportunities when they arise
- Evaluate and improve your skill sets
- Facilitate the implementation process with etiquette
- Create positive outcomes by “failing forward” to success

Generating Momentum to Reach Personal and Professional Goals

Do you ever feel like your career is stuck in a rut? Perhaps you want something different but do not know what it is or how to get it. This engaging and inspirational session supports this challenge by generating professional momentum and maximizing leadership opportunities. Participants will learn how to position themselves today for the position they want tomorrow.

Learn how to:

- Use opportunities and positioning to re-energize your career options.
- Use etiquette as a navigational device to keep you on track by avoiding delays and blunders.
- Utilize the power of passion to create and sustain action as you target your goals.

Reinvesting in Your Potential: A Game Plan for Life and Work

As Eleanor Roosevelt once said, “The future belongs to those who believe in their dreams.” However, believing is not enough to reach our dreams and maximize our potential. We need to be proactive and take action demonstrating the importance of investing in ourselves. We need to cross the bridge from ‘saying and thinking’ to actually ‘doing and achieving’. If you're not for yourself, who else will be? This fun, interactive, and lively program provides the tools and techniques for building a career without sacrificing the importance of a personal life.

Learn how to:

- Explain why you (not just coaches) need to have a game plan.
- Determine two ways you can facilitate reinvesting in yourself.
- Develop a life balance plan that considers your personal and professional life.

Celebrating the Pride, Power & Passion of Nursing

This uplifting and thought-provoking program is designed to remind nurses why they chose nursing and to inspire them to face each day with passion and purpose. It will them make proud to celebrate their contributions to the profession they entered as new graduates, the profession they are working in today, and the profession they are shaping for tomorrow's nurses.

Learn how to:

- Implement strategies to enhance pride and power.
- Promote a professional presence with patients and colleagues.
- Re-energize your passion for nursing.

The Nurse's Etiquette Advantage: How Professional Etiquette Can Advance Your Nursing Career

While nursing education has focused on leadership, management, and professional issues, etiquette has been the "missing link" for success in the workplace. This fun and entertaining session will prepare you to handle awkward and challenging situations that could diminish your confidence, tarnish your reputation, and derail your career aspirations

Learn how to:

- Appropriately use email, voice mail, and cell phones for professional communications
- Avoid the key blunders which kill professional interactions before they start
- Maintain professionalism in networking and after hours functions
- Confidently handle yourself in any dining situation
- Increase your confidence and comfort during business travel in the U.S. and abroad

Balancing Your Life by Managing Your Time: How to Use Your Time Best ... Every Moment ... Every Day

Today's high achieving individuals feel increased demands on their life, both socially and professionally. They increase the risk of living an "out of balance" life, stressing their health, and making them feel overwhelmed. By being more intentional about our time, we can increase both our productivity and sense of well-being.

Learn how to:

- Plan a balanced, productive, joyful life
- Create opportunities for balance by deciding what you won't do
- Manage procrastination by building momentum
- Use "accountability colleagues" to stay on task

Other Popular Presentations

Inspiration/ Speaking

Positioning for Success: How to Position Yourself Today for the Success You Want Tomorrow

Whether you define success as a publication, a project, a position, or a personal goal, the steps leading to success begin with where you are today. This inspirational presentation shows how to build a powerful base, develop a winning strategy, and "fail forward" to success.

How to Avoid the 7 Deadly Sins of Speaking

Some speaking sins, like the occasional "ah" or "um," are minor and will not doom your presentation. However, if you commit any of the 7 deadly sins, your presentation is sure to fail. This fun and informative session will reveal these deadly sins and address strategies to avoid them.

Presenting with Power & Pizzazz

Did you know that if your presentation skills are weak, you will probably appear less than competent even if you are a content expert? You will leave this fun and informative

presentation knowing how to put power and pizzazz into your very next presentation. Highlights include tips for beginning, ending, transitioning, using stories, adding humor, and handling PowerPoint. You will be able to take your presentations up a notch by knowing how to handle questions and making nervousness work for you instead of against you.

Business / Professional Etiquette

The Seven Deadly Sins of Professional Etiquette

For professionals who want to go beyond merely making a good first impression, this dynamic presentation brings to life the seven deadly sins of professional etiquette and shows how to avoid them. This entertaining and eye-opening presentation answers questions such as: How can I improve my networking skills? What are the most common e-mail mistakes that can limit career advancement? How can I be more comfortable and confident at a dinner meeting? You will leave this session ready to be more proactive in applying business etiquette skills that will enable you to interact more effectively in clinical, business, and social settings.

Leveling the Playing Field: The Etiquette Advantage

Are you projecting a professional, credible image and making the most out of business encounters? This session will help you get your behavior in expected order so that others can focus on the content of what you are saying rather than on the etiquette blunders you may be making. This entertaining and eye-opening program answers questions such as: What is the proper way to make an introduction? How can I improve my networking skills? What are common email mistakes to avoid? How do I handle the business meal?

Blunder-free Business Meals: A Guide to Dining Etiquette

When you think of essential business skills, knowing where to put your napkin when excusing yourself from the table may not come to mind. But, anyone seeking to expand career options would do well to brush up on dining etiquette. Many business discussions take place over meals. One of the strongest indicators of professionalism is how you handle yourself at the dining table. This fun and interactive session will provide you with the key tips to make the business meal work for you.

Life Balance / Fitness

Balancing Your Life in the Midst of Chaos & Change

Would you describe your life as sane and satisfying or chaotic and crazy? Overloaded people often abandon key self-care practices that bring relief and help them cope in stressful times. The resulting situation is unhealthy, unsustainable, and unnecessary. During this fun, lively, and interactive program, you'll find ways to make vital adjustments in your personal and professional lives to handle the multiple decisions and requests bombarding all aspects of your life. You'll learn that balance isn't a *luxury* but a *necessity* for supporting an energizing personal life, developing a rewarding career, and invigorating your pride and passion for patient care.

Finding Time for Fitness

There is plenty of evidence to motivate people to become more active. However, there is a large chasm between knowing and doing. This fun and interactive presentation targets key time management principles so participants can make exercise a priority and find the time to do it. Participants will be able to develop an exercise plan that they can do daily and take on the road.