



Kathleen D. Pagana, PhD, RN Momentum Factor *for* Leadership™

Most Requested Presentations



**Don't wait for
your ship to
come in.
Swim out
after it!**

Who Should Attend?

- ◆ Executives
- ◆ Managers
- ◆ Embedded Leaders
- ◆ Up-and-Coming Leaders
- ◆ Educators

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Momentum Leadership

Energizing Your Career with Purpose, Protocol & Passion

Today's leaders are challenged to continually solve new business 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 learning how to "fail forward"

The Nurse's Etiquette Advantage

How Professional Etiquette Can Advance Your Nursing Career

While nursing education has focused on the importance of leadership and management, etiquette has been the "missing link" for success in the workplace. Professional etiquette can 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, voicemail, 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 *not* to do
- ◆ Manage procrastination by building momentum
- ◆ Create time for the "signature" tasks
- ◆ Use "accountability colleagues" to stay on task
- ◆ Celebrate your achievements and live your life

Kathleen D. Pagana Talks about Momentum Factor Leadership™

Momentum Factor Leadership uses the combined impetus of knowledge, protocol, and courage for guiding, inspiring, and directing others.

By using Momentum Factor Leadership, leaders nourish their imaginations to explore new opportunities, their influence to persuade others, and their discipline to implement their vision.

Kathleen D. Pagana, PhD, RN

Momentum FactorTM Leadership

About Kathleen D. Pagana

Dr. Pagana has been a leader in healthcare for more than 35 years, with experiences including college teaching, administration, clinical practice, business management, consulting, writing, and professional speaking.

Among the 28 books she has written, she has co-authored the number one best-selling book on healthcare diagnostic and laboratory testing. This book (*Mosby's Diagnostic and Laboratory Test Reference*) has sold more than 1.5 million copies and has been translated into five languages.

She began her professional career in the Army Nurse Corps, where she rose to the rank of Captain and combined military protocol with clinical expertise, leadership, teamwork, and patient care.

Kathy received her PhD from the University of Pennsylvania in Nursing Research, where she focused on how individuals respond to stress. She created a research instrument that is still in use around the world today.

Following completion of her PhD, she became a full professor in the Department of Nursing at Lycoming College and also held positions as Faculty Chairperson and Academic Dean.

As the Academic Dean, the most common description of her leadership style was that she combined a broad knowledge base and strong management skills with excellent interpersonal communications.

Today she continues to serve Lycoming College as Professor Emeritus, the highest rank awarded to faculty who have advanced the college mission through meritorious teaching, scholarship, and service.

Her most prestigious awards include the Army Commendation Medal, a Faculty Award for Teaching Excellence, and numerous accolades recognizing her articles and books.

Kathy and her husband, Tim, are the proud parents of 3 daughters. Kathy enjoys swimming, yoga, reading, golfing, weight lifting, running, biking, and competing in sprint triathlons.

Working today as an independent author and speaker, her presentations, seminars, and retreats help businesses and not-for-profit organizations address the challenges of leadership.

Her book, *The Nurse's Etiquette Advantage: How Professional Etiquette Can Advance Your Nursing Career*, was published in 2008. Her newest book, *The Nurse's Communication Advantage: How Business-Savvy Communication Can Advance Your Nursing Career*, is now available.



Partial Client List

Amer. Assoc. of Occup.
Health Nurses
Amer. Nephrology Nurses'
Association
American Re-Insurance
Association of OR Nurses
Assoc. Peri-anesthes. Nurses
Astra Zeneca
Bloomsburg University
Campbell's Soup
Cingular
Emergency Nurses Assoc.
Geisinger Health System
GlaxoSmithKline
Holy Cross Hospital
Internat. Assoc. of Rehab.
Professionals
Internat. Computer &
Technology Conference
Legal Nurse Consultants
Lycoming College
Mosby's Fac. Dev. Institute
National Association of
Catering Executives
National Nursing Staff
Development Organization
Nursing Mgt. Congress
Nursing Spectrum
Nursing Symposium
Pinnacle Health
Quest Diagnostics
Susquehanna Health System
U.S. Bank

Testimonials

Your keynote presentation, "Celebrating the Pride and Passion of Nursing" was perfect for energizing the audience and beginning our national conference on a very positive and upbeat note. As a matter of fact, one of the participants commented that she had arrived at the conference "hating my job" but emerged from your session stating that your message was "spot on—I could go home now and have learned what I need to know without attending another session!"

*Judy Lyle, Executive Director
Association of Occupational Health
Professionals*

MOMENTUM LEADERSHIP

What an incredible contribution you made to our annual HealthCare Service Excellence Conference. I am continuing to hear rave reviews from not just our delegates, but also from fellow speakers for the thoughtful, profound, entertaining, and most importantly, inspiring message that you delivered. Not very often do you get a healthcare speaker, whose expertise has such depth of passion and commitment.

*Brian Lee, CSP
CEO and Founder
Custom Learning Systems*

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