



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



Kathleen D. Pagana

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Momentum Leadership

How to Use Momentum to Maximize Your Leadership Potential

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
- ◆ 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 passion 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 Factor for Leadership

About Kathleen D. Pagana

Dr. Pagana has been a leader in healthcare for more than 40 years, with experiences including college teaching, administration, clinical practice, business management, consulting, writing, and professional speaking. She is a Certified Speaking Professional (CSP).

Among the 29 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 almost two million copies and has been translated into seven 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.

The 2nd edition, *The Nurse's Etiquette Advantage: How Professional Etiquette Can Advance Your Nursing Career*, was published in 2015 and received an *AJN* Book of the Year Award.



Partial Client List

Abbvie
Allina Health
Amer. Assoc. of Occupational Health Nurses
Amer. Nephrology Nurses' Association
American Re-Insurance
Association of OR Nurses
Assoc. Peri-anesthes. Nurses
Astra Zeneca
Bloomsburg University
Campbell's Soup
Elsevier Faculty Develop.
Emergency Nurses Assoc.
Geisinger Health System
GlaxoSmithKline
Holy Cross Hospital
Internat. Assoc. of Rehab. Professionals
International Computer & Technology Conference
Kaiser Permanente
Lycoming College
National Association of Catering Executives
Nursing Mgt. Congress
Nursing Spectrum
Nursing Symposium
Penn State University
Pinnacle Health
Quest Diagnostics
Susquehanna Health System
University of Pennsylvania
University of CA, Davis

Testimonials

MOMENTUM LEADERSHIP

"Kathleen gave the keynote address entitled *Momentum Leadership: Using Momentum to Maximize Leadership Potential* at our 28th Annual IARP Conference. Our conference theme this year was 'leadership' so we knew we needed someone who could address this issue from a variety of perspectives. Kathleen was absolutely the best choice."

Debbie T. Witt MSW, IOM, CAE
Executive Director
Internat. Assoc. of Rehab Prof.

"The evaluations from this general session were excellent in terms of content, delivery, and relevance to their jobs. Ms. Pagana demonstrates the ability to touch varying levels of audience and elicit the same response. We were so pleased with her presentation in 2008 that we have invited her back to participate in the 2009 conference."

Julie Malone, MA, RN
Program Manager
Contemporary Forums

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