



A NURSE LIKE ME – TRAINING & REFLECTION RESOURCE GUIDE



Understanding the 4 Pillars of A Nurse Like Me

**This section breaks down the core values that
define 'A Nurse Like Me':**

- Self-Reflection: The habit of evaluating your own actions, decisions, and mindset to grow professionally and personally.



Core Values contd.

- Empathy: Demonstrating compassion and emotional understanding toward patients, families, and colleagues.
- • Accountability: Owning your actions, admitting mistakes, and committing to improvement.
- Professionalism: Upholding ethical standards, maintaining a respectful attitude, and committing to continuous learning

Daily Practice Reflection Prompts

- What did I do today that made a difference in someone's care?
- Did I communicate clearly and kindly with everyone I interacted with?
- What was the hardest moment today, and how did I handle it?

Daily Practice Reflection Prompts cont.

- Is there anything I wish I'd done differently today?
- Did I seek feedback or give constructive support to a colleague?



Team Discussion Starters

- How do we create a culture of self-reflection in our unit?
- What does accountability look like in team care?
- Can we share a moment when empathy changed a patient experience?

Team Discussion Starters cont.

- What systems support or challenge our professionalism?
- How can we model these pillars to new nurses and students?

Ideas for Workshops or In-Service Sessions

- Facilitated discussion on the 4 Pillars using real-case scenarios.
- Interactive quiz and self-assessment reflections.
- Empathy mapping exercise: walking through a patient's experience.

Ideas for Workshops or In-Service Sessions

- Panel with senior nurses sharing moments of professional growth.
- Create a 'Wall of Commitment' where staff post their personal pledges.

Conclusion

Be the Nurse You'd Trust.

**"Your Practice. Your Power.
Your Pledge."**



A NURSE®
LIKE ME
EXCELLENCE IN NURSING STARTS ME

THANK YOU