



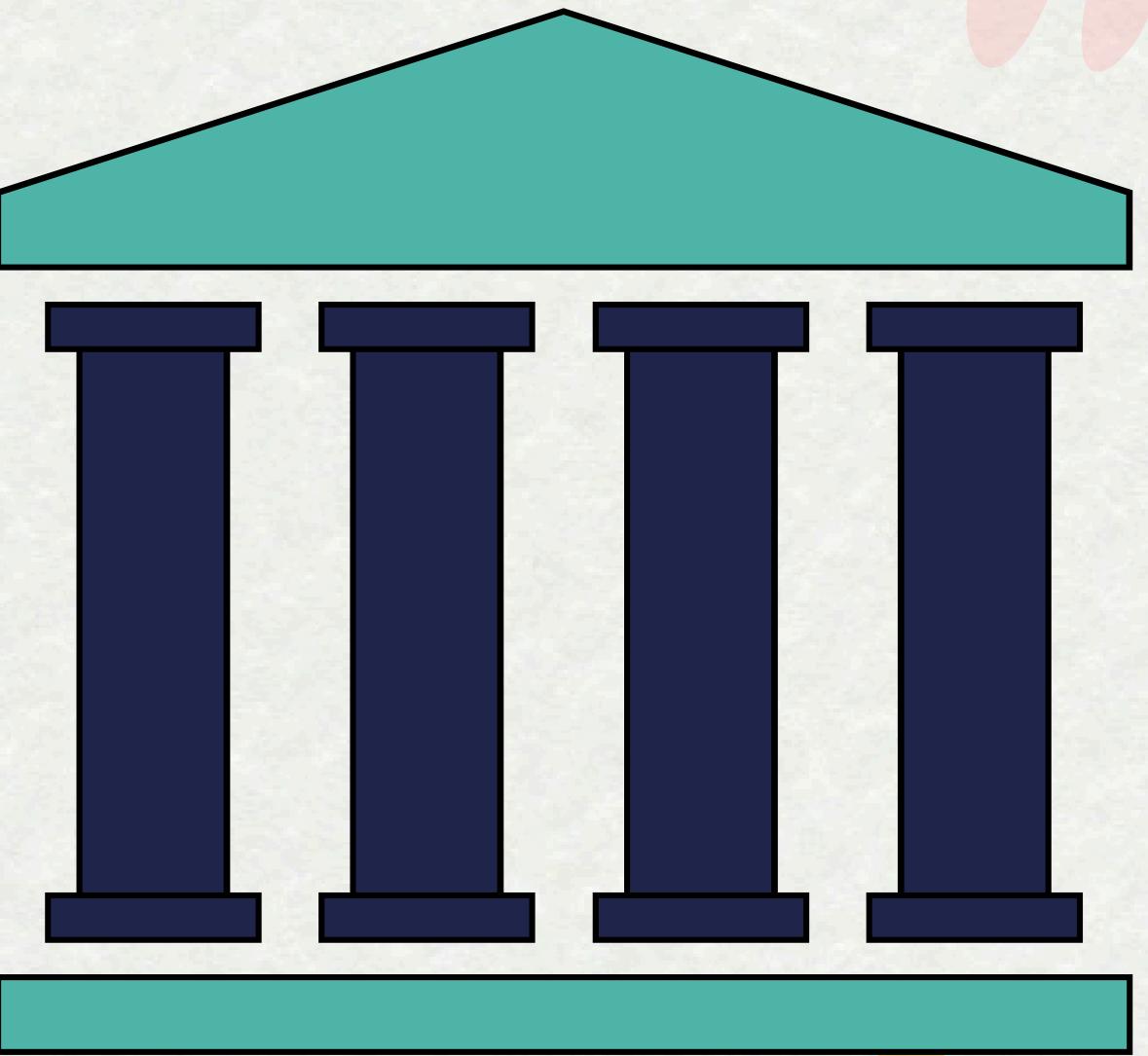
A NURSE LIKE ME

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

TEAM DISCUSSION STARTERS

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



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

**YOU ARE READY TO
PROMOTE
EXCELLENCE IN
NURSING WHEREVER
YOU ARE!**

**THANK YOU FOR
BEING A
CHAMPION!**