

Taking Yourself to the Next Level

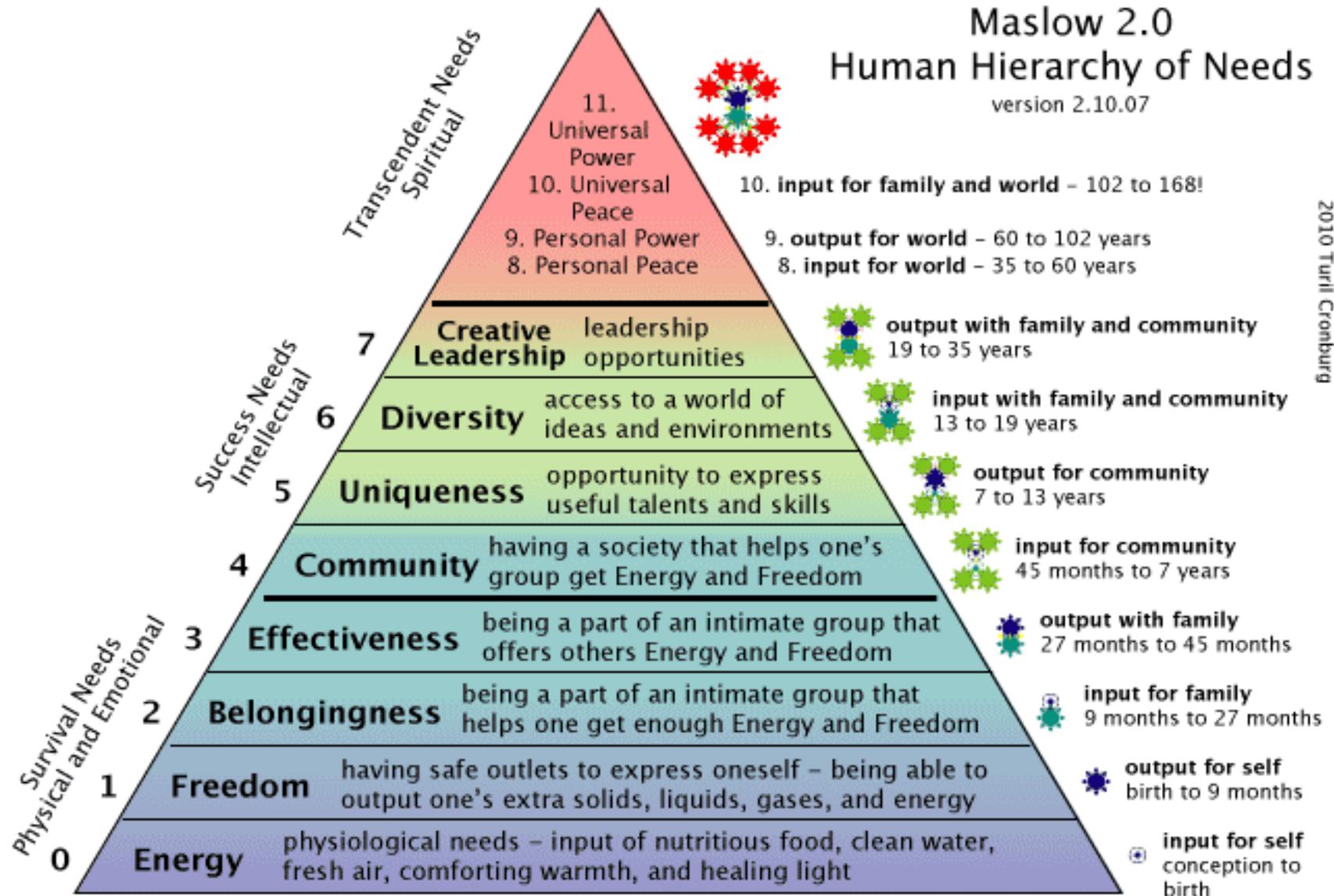
Tony Messana
NANT National
Symposium 2013

Discussion Areas

- Define Needs
- Internal Improvement and Goals
- External Improvement and Goals
- Define Success
- Opportunity
- Journey

Maslow 2.0 Human Hierarchy of Needs

version 2.10.07



2010 Turill Cronburg

↑
Physical health increases as individual's own needs are met

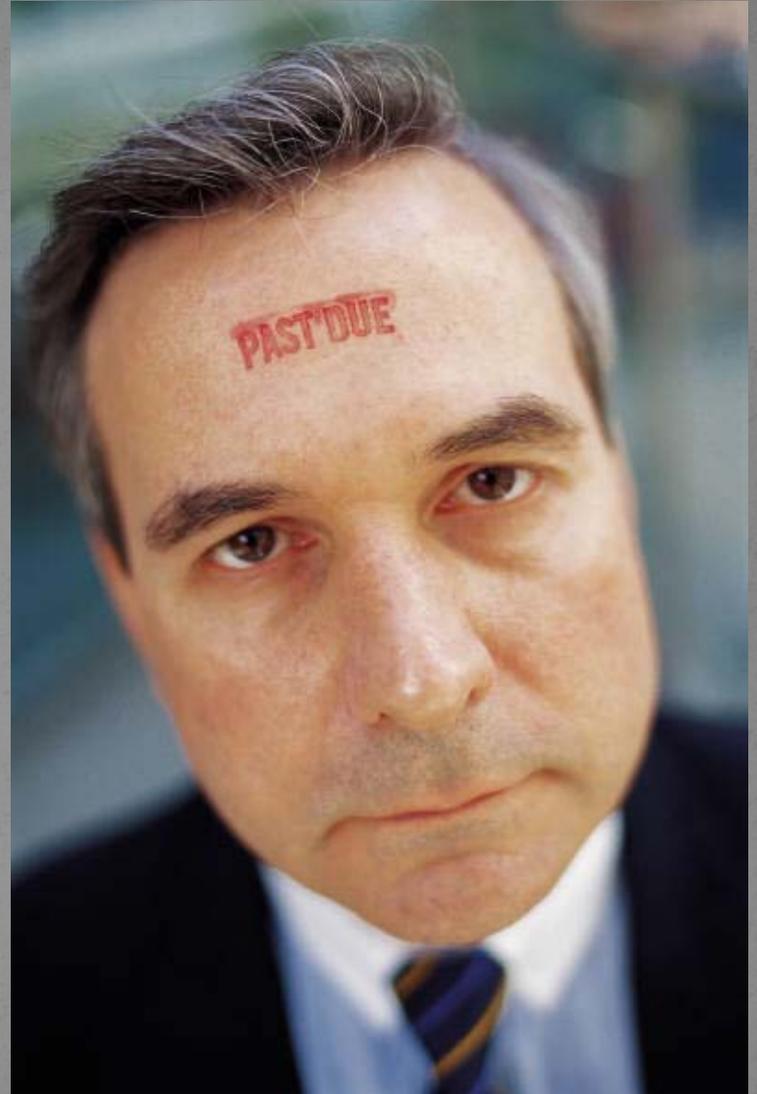
↑
Emotional health increases as individual's group's needs are met

↑
Intellectual health increases as individual's community's needs are met

↑
Spiritual health increases as the whole planet's needs are met

NOTE: Ages listed are when need is one's top priority. Earlier needs remain present.

Sometimes you have to take a good look in the mirror and realize you need to make some improvements



Success

How do you measure your success:

- Competencies
- Money
- Prestige
- Recognition
- Fun

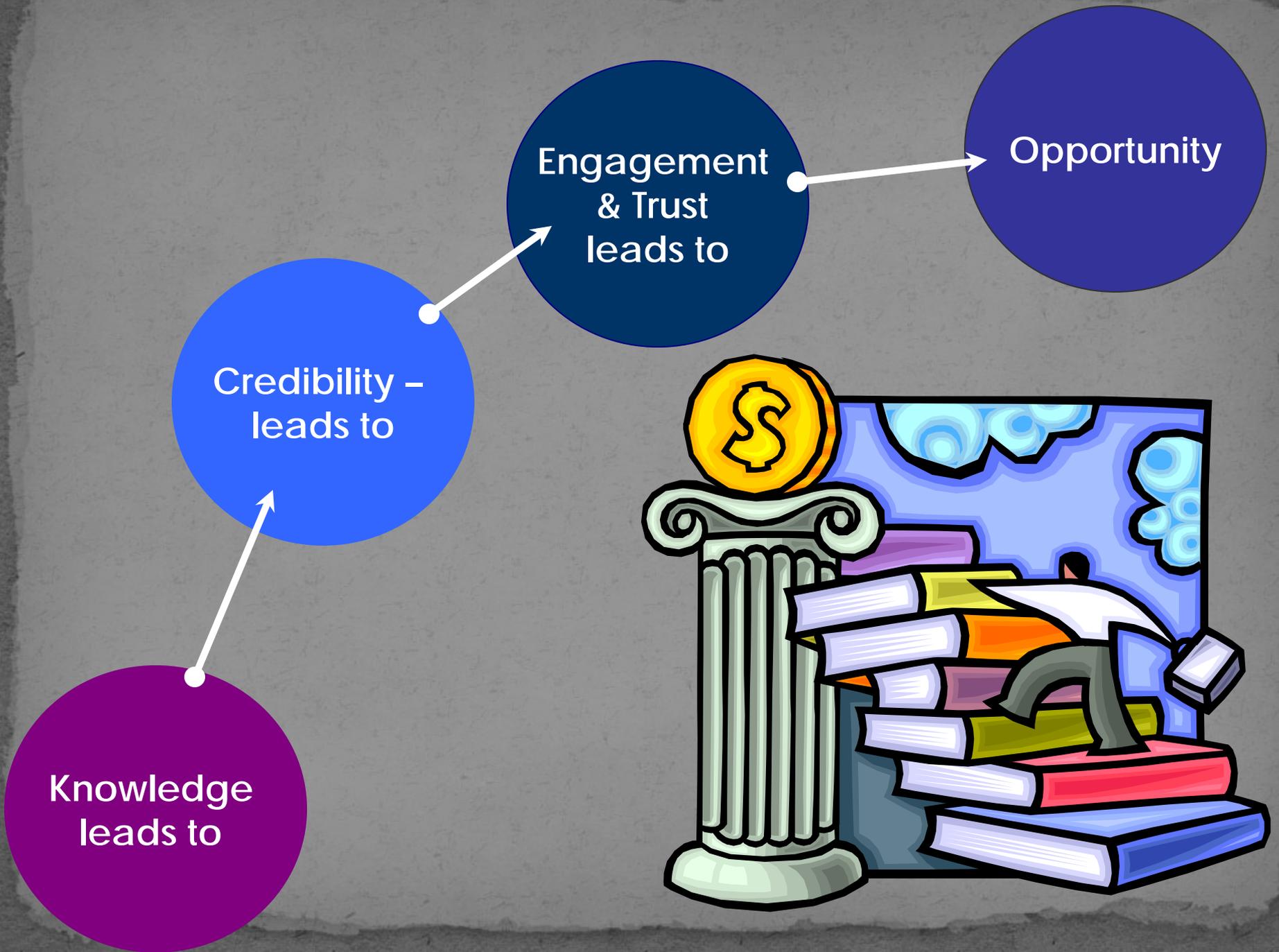


Internal

- Quest to improve yourself
- Being a better self in your home, work or play life
- Examples
 - Home: becoming more of a chef, a gardener or a mechanic
 - Work: challenging yourself to improve in the care you give
 - Play: improve that golf swing (or in my case being able to hit the ball....)

External

- Quest for achievement that moves you from your current position to another level or another job requiring different or enhanced skills
- Examples:
 - Moving from a technician to a technical manager
 - Moving from taking care of patients to taking care of equipment
 - Moving into research or administration
 - Changing employers or moving for a new job
- As with internal improvement there is a need for education either formally or informally
- Utilize Professional Advancement Ladders (PAL)



Some organizations cannot see, hear or speak to your needs so you may have to take a journey on your own....



*The Journey Begins... there and
back again a technician's tale*

You find yourself wondering what you should do next to improve yourself



I am really in a rut
and have mud on
my shoes



What do I
need to do



I need to
go on a
journey

Maybe discuss your ideas with a mentor



Sometime things
blow in and
drop right on you in
your journey



Maybe you find yourself not in Kansas any more



With a little help you can start the
journey



*You can't build a reputation on
what you're going to do.*

Henry Ford

Just hanging around does not get you very far and you become a little out of touch



Just hanging
out for my
paycheck



If you wait too long to make a change
you might get a little rusty... but with
a little help you realize that you want
something more



How about a little bravado when you don't have the courage



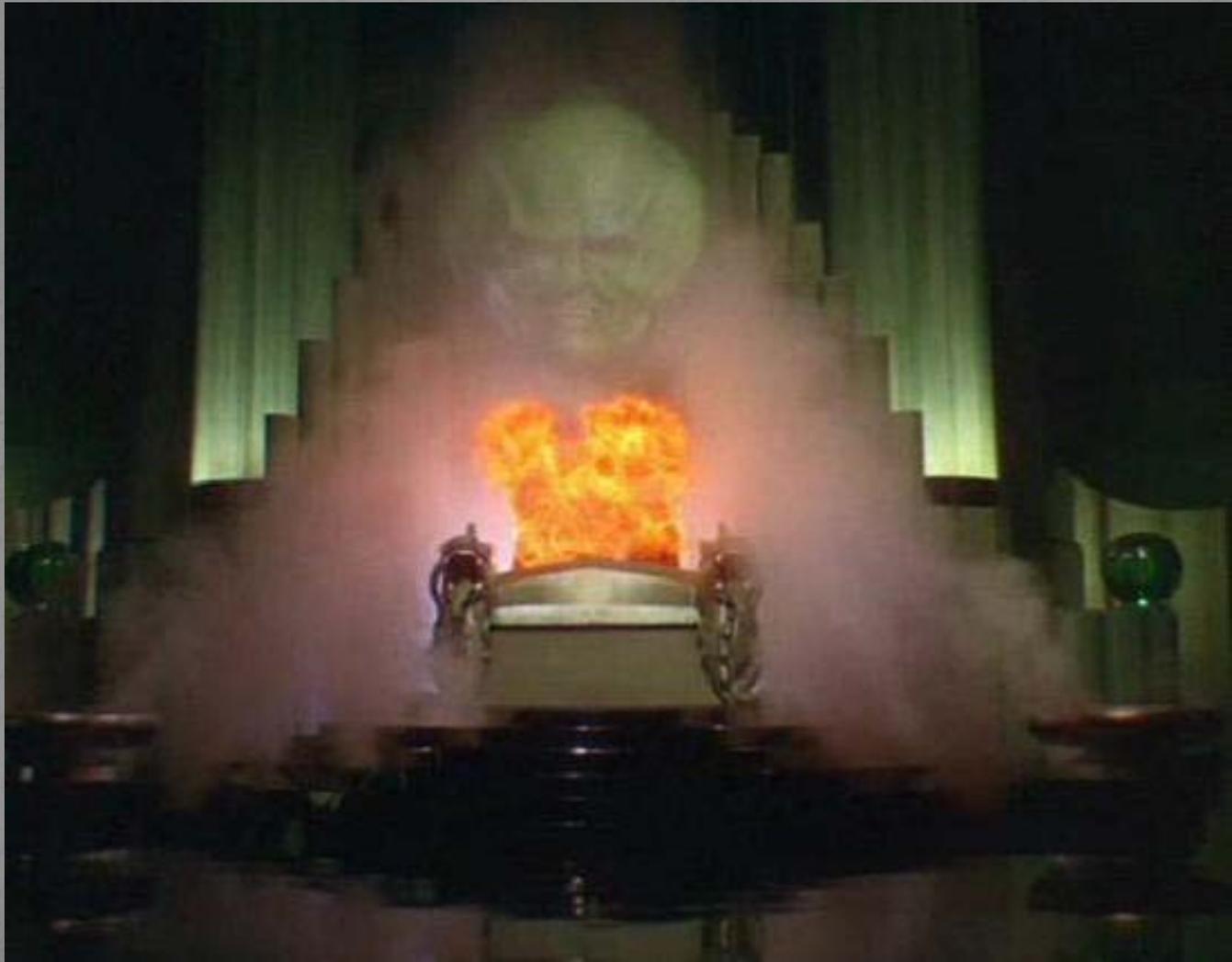
Once you have figured out what you want you have to take the effort to find it



Sometimes scary things await you



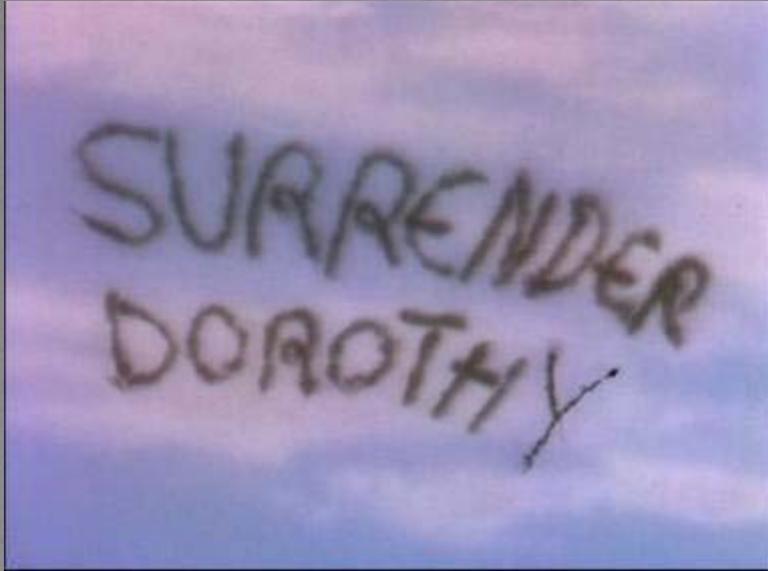
The mean folks in the office in the suits always tell you what to do ...



Sometimes you have to play with fire or
lose a little sleep

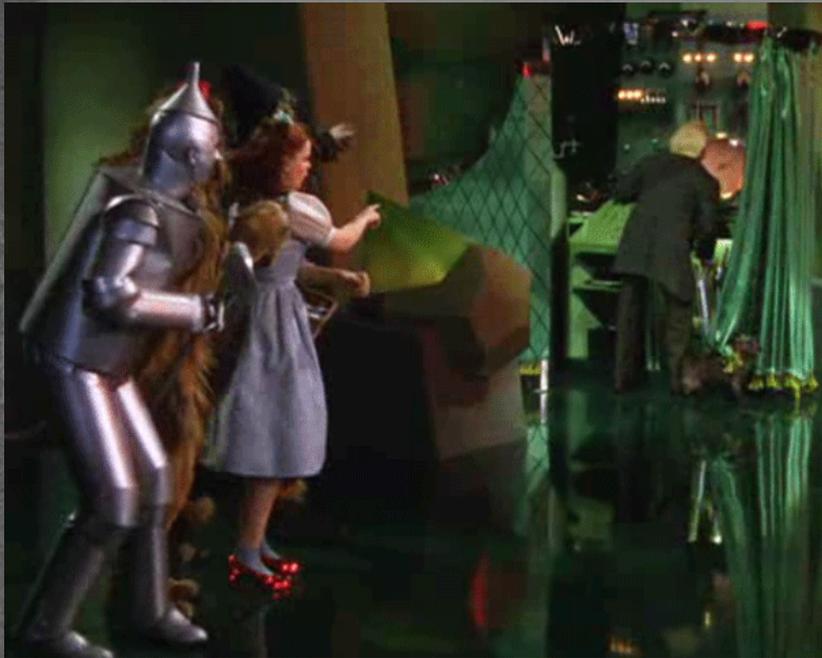


Then the enemy arrives to stop your journey



And you have to call on your friends to help take down the barrier to get to the prize





Sometimes
the man
behind the
curtain is a
lot like us



Sometime promises made fall through
but the journey may have changed you



You have inside you the things that you really want but needed to find



A few final thoughts

- Engage in the community through local participation in meetings as well as national meetings
- Consider giving back through board and committee participation
- Advocacy – for your profession and the industry
- Education
- Professionalism
 - Appropriate interactions
 - Dress
 - Respect for patients and co-workers
 - Maintaining your skill sets

*Success is not final, failure
is not fatal: it is the courage
to continue that counts.*

Winston Churchill

Just look what the tin man did when he got a heart!





*Don't make me
call out the
flying monkeys!*