WELCOME TO GNAP 2018!!!
Keeping Tempo with Change

Survival Strategies
Graduate Nursing Admissions Professionals

- There are no emergencies
- Take breaks
- Time management
- Networking

- Meditation
- Set goals
- Hire the right people
- Breathe
- Be creative
- Work from home
- Be a leader
- Maintain good relationships
- Color coordinated folders
- Remember you are amazing
- Work out
- One day at a time
- Prioritize
- Walk
EMBRACE THIS OPPORTUNITY!

- Perspective
- Reconnect
  - Tribe
    - Common Language
    - Support
  - Self
- Have Fun
- Learn
EMBRACE THIS OPPORTUNITY!

- Remember, Sunshine, You are AMAZING!
Who Am I, Anyway?
The Only Constant Is Change

~ Heraclitus

- Nature
- Human Condition
- Inevitable = Certain to Happen = Unavoidable
A Holistic Approach to Managing Change
Graduate Nursing Admissions

- New Programs
- New Admission Criteria
- New Technology
- New Staff
- New Partnerships
- New Policies
Six Steps

1. Assess with Perspective
2. Communicate with Intention
3. Craft Strategy with Integrity
4. Walk Your Talk
5. Take the Lead
6. Keep On Keepin’ On
1. ASSESS with PERSPECTIVE

- Step Away
- See Clearly and In a Meaningful Way
- Examine the Facts & Discern the TRUTH
- SWOC/SWOT
- Mind Map
“We make the best decisions when we approach the decision-making process from a balanced emotional and intellectual foundation.” ~ Madisyn Taylor, Daily Om Website
You Gotta’ Have Heart

- Change Your Perception
- Positive Stress
- Journal without Judgment
- Nature/Music
- Yoga/Meditation
2. Communicate with Intention

“Let’s begin our meeting.....
Everybody talk; nobody listen.” ~ Leslie Stevens
Communication

- Have a Plan
- Speak Your Truth
- Listen
3. Craft Strategy with Integrity

- Break It Down
- Eye on the Prize
- Heart in the Game
4. Walk Your Talk

- Alignment Between Directives and Actions
- Authenticity
- Integrity
- Take Action
- Momentum
- Stay Open
5. Take the LEAD

• Be the Change
• Be a Positive Resource
• Be Authentic
• Be an Influencer
6. Keep On Keepin’ On!
Keep On

- Celebrate Wins
- Live and Learn
- Update Your Toolkit
Thank You

Joanne A. Thomas
Director of Master’s Admission & Recruitment
Boston University
joannet@bu.edu
617.358.8113