



# Kathleen D. Pagana, PhD, RN Momentum Factor *for* Leadership™

Most Requested Presentations



## 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
- ◆ Create time for the "signature" tasks
- ◆ Use "accountability colleagues" to stay on task
- ◆ Celebrate your achievements and live your life

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

1244 Crestfield Drive

Williamsport,  
Pennsylvania 17701

570-326-4797

570-326-3215 (H)

[www.KathleenPagana.com](http://www.KathleenPagana.com)

## Kathleen D. Pagana Talks about Momentum Factor Leadership™

Momentum Factor Leadership uses the combined impetus of knowledge, protocol, and courage 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<sup>TM</sup> Leadership

### About Kathleen D. Pagana

Dr. Pagana has been a leader in healthcare for more than 35 years, with experiences including college teaching, administration, clinical practice, business management, consulting, writing, and professional speaking.

Among the 27 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 more than 1.5 million copies and has been translated into five 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.

Her book, *The Nurse's Etiquette Advantage: How Professional Etiquette Can Advance Your Nursing Career*, was published in 2008. Her newest book, *The Nurse's Communication Advantage: How Business-Savvy Communication Can Advance Your Nursing Career*, is hot off the press.



### Partial Client List

Amer. Assoc. of Occup.  
Health Nurses  
Amer. Nephrology Nurses'  
Association  
American Re-Insurance  
Association of OR Nurses  
Assoc. Peri-anesthes. Nurses  
Astra Zeneca  
Bloomsburg University  
Campbell's Soup  
Cingular  
Emergency Nurses Assoc.  
Geisinger Health System  
GlaxoSmithKline  
Holy Cross Hospital  
Internat. Assoc. of Rehab.  
Professionals  
Internat. Computer &  
Technology Conference  
Legal Nurse Consultants  
Lycoming College  
Mosby's Fac. Dev. Institute  
National Association of  
Catering Executives  
National Nursing Staff  
Development Organization  
Nursing Mgt. Congress  
Nursing Spectrum  
Nursing Symposium  
Pinnacle Health  
Quest Diagnostics  
Susquehanna Health System  
U.S. Bank

### Testimonials

"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

Kathleen D. Pagana

Kathy@KathleenPagana.com

570-326-4797

www.KathleenPagana.com

