

Podcast Show Notes

Building your Credibility and Team Skills: Positive Reframing in Healthcare Leadership

This CE course is relevant to nurses and healthcare professionals.

Changing the way you think can have a significant impact on your effectiveness. This podcast explores common areas of struggle for individuals striving to achieve and get results but falling short. Learners will explore three mindset struggles that individual's encounter, as well as reframing strategies that will boost their emotional health and interpersonal effectiveness.

Guest

Kathy A. Scott, PhD, MPA, RN, FACHE

- Partner and Co-founder of L3 Fusion LLC
- Holds a PhD in Healthcare Administration and Organizational Systems
- Holds a master's degree in Public Health Administration
- Multiple chief executive roles in healthcare systems
- Doctoral research served as the science behind the best-selling book she co-authored *Stupid Gone Viral – When Science and Reality Collide*



Guest

Bridget Sarikas

- Partner and Co-founder of L3 Fusion LLC
- Co-author of the best-selling book *Stupid Gone Viral – When Science and Reality Collide*
- Focused on transformational leadership that helps individuals and organizations maneuver through the chaos and complexity of today's organizations and move to a healthier way of living, leading, and learning



Host

Leana McGuire, BS, RN

- Extensive expertise with leadership development and executive coaching
- Best-selling author
- TEDx Speaker
- Expertise in content development, visual performance, speaking, and podcast hosting.



References

Gaudreau, P., Schellenberg, B. J., Gareau, A., Kljajic, K., & Manoni-Millar, S. (2022). Because excellencism is more than good enough: On the need to distinguish the pursuit of excellence from the pursuit of perfection. *Journal of Personality and Social Psychology*, 122(6), 1117-1145. <https://doi.org/10.1037/pspp0000411>

Scott, K., Sarikas, B. & Bessler, C. (2020). *Stupid Gone Viral – When Science and Reality Collide*. Rethink Press.