

Guest Speaker Jody Urquhart

Jody Urquhart, internationally recognized professional speaker for the healthcare industry, has the right message to revitalize hardworking professionals. Jody has been excitedly traveling around and addressing large groups internationally for over 10 years.

She is passionate about spreading the message of fun, meaningful work. She addresses over 50 organizations and associations a year. In her spare time she does stand up comedy and yoga (but not at the same time).

Jody writes a syndicated column called the Joy of Work which is published in over 40 magazines a month and is dedicated to helping individuals and organizations derive more meaning and satisfaction from their work. She is author of the book **All Work & No SAY**

Jody is a feature speaker for the GE Healthcare Tip-TV program broadcast in over 2600 healthcare facilities.



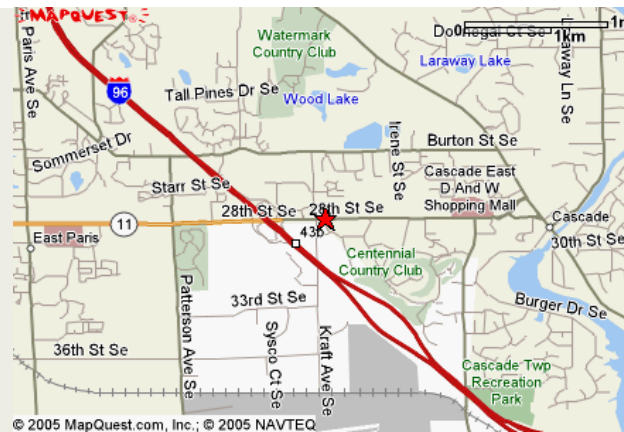
Crowne Plaza—Driving Directions

From US 131 South: Follow US 131 South to I-96 East to Exit 43B. The hotel is a quarter of a mile on the right.

From Kalamazoo (South): Take US 131 North to I-196 East. Follow I-196 East to I-96 East to Exit 43B. The hotel is a quarter of a mile on the right.

From I-96 West: Follow I-96 West to Exit 43B (28th Street Eastbound). The hotel is a quarter of a mile on the right.

From I-96 East: Follow I-96 East to Exit 43B (28th Street Eastbound). The hotel is a quarter of a mile on the right.



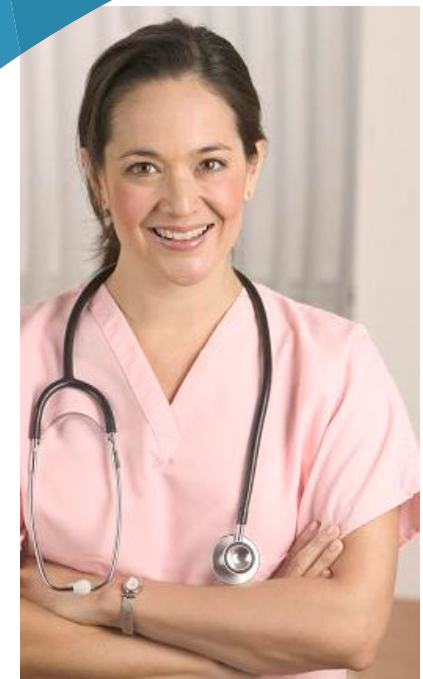
Alliance for Health West Michigan Nursing Advisory Council

The mission of the West Michigan Nursing Advisory Council is to provide a collective means for nurses in academia, multiple sites of service and clinical practice to address issues related to the provision of quality nursing care in West Michigan and to assist the Alliance for Health in achieving its objective of collaborative healthcare.



Alliance for Health
West Michigan Nursing Advisory Council

Annual West Michigan Nursing Conference & Gala April 23, 2009 Crowne Plaza



Continuing education contact hours for these programs are provided by Ferris State University School of Nursing, as an approved provider of continuing education credits by the Michigan Board of Nursing. R338.10602G

Afternoon Session

April 23, 2009
2:00 pm – 4:00 pm

Contact Hours: 2.0

Target Audience: nursing staff, charge nurses, clinical coordinators, educators, nursing supervisors, clinical nurse managers

Facilitator: Jody Urquhart

Topic: “The Joy of Work for Health Care Professionals” (2:00 -3:00 pm)

Description:

OK, you're really busy. While you are dutifully doing your job, do you ever get a sense that you are disconnected from the purpose of your work? Do you sometimes find that your work lacks fun and enjoyment? Do you feel under-motivated and under-focused? Do you feel unappreciated? Is job stress and burnout getting you down?

Through a humorous and fun approach, the Joy of Work inspires health care professionals to be focused and productive by nourishing the meaning, fun and joy of their work.

The Joy of Work promises to be humorous, relevant and inspiring and is a lighthearted balance for any program.

Topic: “The Nerve to Serve... Say Hello to Humor & Goodbye to Burnout!”(3:00 - 4:00 pm)

Description:

Humor helps. The ability to laugh at life helps us deal with daily disappointments and setbacks. Humor gives professionals the nerve to serve in a complex and challenging environment. Join us as we demonstrate how humor helps you stay in control and maintain balance and perspective.

Evening Celebration & Keynote Presentation

April 23, 2009
5:30 pm—8:30 pm

5:30 - 6:30 pm Social Hour / Cash Bar /
Silent Auction

6:30 - 7:30 pm Dinner

7:30 - 8:30 pm Keynote Presentation

Target Audience: RNs, nursing students, community nursing leaders

Keynote Speaker: Jody Urquhart

Topic: “This Would be Funny if it wasn't Happening to Me! How to Embrace Change with Enthusiasm and Vigor”

Contact Hour: 1.0

**Join the West Michigan nursing community
for a time to network
with your fellow colleagues
and celebrate the profession of nursing!**

Laugh as you confront the absurdity of your life. In this inspiring presentation you will step outside yourself to assess your life because it's not as you wish it would be. Taking an objective look at change can help you get a more realistic picture.

Nothing about life seems to turn out as we had expected it to. So how do we solve this dilemma? The best way is to laugh at it from another perspective. When you can laugh at something you are in control of your environment and the way you feel. Learn how to adapt and stay flexible in changing times.

Don't survive change; thrive in it.

Registration Form

Individual Registration

Sign up for: Price #
 4/23 afternoon ed. session \$50.00 _____
“Joy of Work & The Nerve to Serve”

4/23 evening celebration \$40.00 _____
“Embrace Change with Enthusiasm”

Individual SubTotal: \$ _____

Group Registration (Tables of 10)

4/23 afternoon ed. session \$400.00 _____
“Joy of Work & The Nerve to Serve”

4/23 evening celebration \$400.00 _____
“Embrace Change with Enthusiasm”

Group SubTotal: \$ _____

Grand Total: \$ _____

Organization _____

Contact Person _____

Address _____

Phone _____

Email _____

Send Registration Form and Payment To:
(Credit cards are accepted)

Alliance for Health
1345 Monroe Ave NW, Suite 256
Grand Rapids, MI 49505

Phone: 616-248-3820

Email: st-amour@afh.org

