

“Retention increased 13% in 6 months!”

Norton Healthcare



SelfCaRe
for
HealthCare

**Saving Your Healthcare Organization Money.
Saving Your Nurses' and Caregivers' Lives.**

**LeAnn
Thieman**

Recruitment and
Retention Expert,
Author, Nurse,
Hall of Fame
Speaker

Caregivers healthy in mind, body and spirit **deliver better patient care**, which improves outcomes, satisfaction, and reimbursements.

- 40% of hospital nurses report feeling burned out.
- High levels of burnout adversely affect patient outcomes and patient satisfaction.
- 20% of nurses say they intend to leave their hospital jobs within 1 year.

Our clients save more than \$1,000,000 annually by doing the right thing.

16% decrease in sick days!

21% increase in engagement!

13% increase in retention!

**Costs less than
replacing
one nurse!**

**LeAnn Thieman personally launches Self Care for HealthCare™...
it's easily implemented, fun, and transformational:**

1. **Strategic Engagement with Leaders**—LeAnn engages your key leaders prior to launch to customize the program and incorporate goals.
2. **Customized Video Invitations**---LeAnn garners enthusiasm for participation.
3. **Launching with Leadership**—On launch day, LeAnn meets with leadership to maximize program support success.
4. **Powerful Live Presentations**—With multiple in-person presentations over two days, LeAnn honors your caregivers and introduces her 12 Tools for SelfCare.
5. **Tour Departments**—LeAnn tours every department to greet and encourage staff, boosting enthusiasm, compliance, and morale.
6. **Champions**—Our team assists in the selection of Champions from each department who post LeAnn's monthly activities and encourage staff engagement.
7. **Personal Study Guides**—Each staff member receives their personal copy of *SelfCare for HealthCare™, Your Guide to Physical, Mental and Spiritual Health*.
8. **Inspirational Videos**—Every month participants view a fun 7-10 minute video of LeAnn introducing that chapter's SelfCare lesson.
9. **Monday Morning Motivation**—On the first day of the week, staff receive an inspiring email from LeAnn, offering wisdom and support.
10. **SelfCare Assessment and Engagement Survey** -- LeAnn's Implementation Specialist supports the program monthly and sends surveys prior to the launch, at 6 months, and at year's end to measure success and results.



**Contact LeAnn
Today!**

LeAnn@LeAnnThieman.com
970-223-1574

www.SelfCareforHealthCare.com

Contact us today to learn how SelfCare for HealthCare™ will enrich the physical and fiscal health of your organization.



LeAnn Thieman, Nurse, Author, Hall of Fame Speaker

Like you, nurse recruitment and retention expert **LeAnn Thieman** understands the challenges facing healthcare leaders today.

- **How do you increase staff engagement and retention?**
- **How do you decrease sick days?**
- **How do you recruit outstanding long-term healthcare givers?**
- **How do you help them care for themselves... and your patients?**
- **How do you boost satisfaction scores for staff *and* patients?**

LeAnn Thieman, Hall of Fame Speaker, Nurse, New York Times Best Selling Author of 14 Chicken Soup for the Soul books including her newest, *Chicken Soup for the Soul, Inspiration for Nurses* has already reached over million minds, hearts and souls of healthcare givers. Now her mission is to reach at least one million nurses via *SelfCare for HealthCare, Your Guide to Physical, Mental and Spiritual Health*. This transformational program is a movement/philosophy that creates behavior changes, resulting in positive culture impact, increased employee engagement, morale, retention, patient satisfaction scores, outcomes and reimbursements.

With over three decades of in-the-trenches nursing experience and 20 years helping hospitals and organizations recruit and retain caregivers, LeAnn has a unique, dynamic, yet simple approach.

Unlike other programs, LeAnn's are based on the proven principle that *caring for the caregiver* is the answer. One who is strong of mind, body and spirit will give better patient care, resulting in better patient outcomes, and increased patient satisfaction scores and reimbursements.

Her expertise has been featured around the globe in on BBC, NPR, PBS, FOX News, *Newsweek Magazine's Voices of the Century* issue, and countless radio and TV programs. **LeAnn's mission in life is caring for the caregiver.**

SelfCare for HealthCare Proven Results

Norton Women's and Kosair Children Hospital

13% increase in retention of first year RNs at 6 month mark

Charlotte Ipsan, CNO

Salem VA First Year of SelfCare for HealthCare™ Evaluation Results

92% rated the program as excellent...the remaining 8% as very good

16% decrease in sick days

100% reported learning new SelfCare skills.

Shannon Cohen, PhD, Health Promotion Program Manager

MaineGeneral Hospital

15% increase overall nurse engagement

21.5% increase engagement in Med/Surg. This lowest scoring unit is now highest, hitting all quality and patient experience goals.

Sherri Woodward, CNE