

My Professional Development Pathway 2021

Career Development ✦ Autonomy ✦ Recognition ✦ Engagement

SELF-CARE: Renewing and Rejuvenating

- Work/Life Balance
- [Care4u/Peer to Peer](#)
- [The Whole U](#)
- [Use UW Employee Discounts](#) (Includes Fitness Options)
- Schwartz Rounds
- Self-assessment:
 - Quiet/Meditation
 - [Career Coaching](#)
- Rest Breaks
- [Encourage Fun at Work](#)
- [Arts Program](#)
- [Smart Health](#)
- Personal Insight
- [IMA Membership](#)
- Regular Exercise
- Restore U/Happiness Challenge

CLINICAL PRACTICE: Staying Up to Date and Evidence-Based

- Attend UWMC Workshops
- [ACLS/PALS/NRP/EFM](#)
- Equity, Diversity & Inclusion
- [Enhance Skilled Communication](#)
- Independent Study
- Quality Improvement (QI)
- [Patient/Family Centered Care Councils](#)
- [Use Your Continuing Education \(CE\) Money](#) To Attend CE Events : Conferences or Webinars

PROFESSIONAL IDENTITY: Self

- Participate in Research, EBP, Committee, or QI Project, Interdisciplinary Projects/Committees
- [Specialty Certification](#)
- Specialty Organization Membership
- Furthering Your Education:
 - RN to BSN
 - Masters
 - ARNP
 - Doctorate

PROFESSIONAL DEVELOPMENT: Leadership Roles

- Hester Davis Superuser
- Unit Clinical Expert
- [UPC/LPC/PPC \(shared governance/leadership\)](#)
- Staffing Committee
- Committee Chair
- [Preceptor](#)
- Mentor
- Charge RN
- Assistant Nurse Manager/ RN3
- Nurse Manager
- Clinical Nurse Specialist or Educator, ARNP
- Pain Resource or Wound/Ostomy Nurse
- [Enhance our Healthy Work Environment](#)
- STAT RN
- Leadership in Prof. Organization
- [Nurses on Boards Coalition](#)

COMMUNITY PARTICIPATION

- [UW Nurse Camp](#)
- LGBT Pride Fair
- [Heart Walk](#)
- [March of Dimes](#)
- [MS Walk](#)
- [Public Health Reserve Corps](#)
- Support groups for patients
- Team Transplant
- Vaccine Clinic
- COVID Test Clinic
- Teach or mentor a nursing student
- Volunteer in the community

UWMC
RN

Northwest
& Montlake
Campuses

Please revisit this Pathway each year at your annual review and use to develop goals. Use between reviews to get inspiration for ways to be involved at UWMC and enhance your skills.

Nurse: _____ Date: _____

Goals for this year: _____

Additional activities: _____