

My Professional Development Pathway 2023

Career Development ✦ Autonomy ✦ Recognition ✦ Engagement

SELF-CARE: Renewing and Rejuvenating

- Work/Life Balance
- [Care4u](#)
- [Peer to Peer](#)
- [The Whole U](#)
- [UW Recreation](#) (IMA Membership)
- Schwartz Rounds
- Self-assessment:
 - Quiet/ Meditation
- Rest Breaks
- Journaling
- Reflection Exercises
- Meditation
- [UWMC Recognition and Awards](#)
- [Smart Health](#)
- Personal Insight
- Art Program
- Regular Exercise
- Restore U/ Happiness Challenge

CLINICAL PRACTICE: Staying Up to Date and Evidence-Based

- [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
- [Certifications/CE](#)
- [Workshops](#)
- [Clinical Tools & Resources](#)
- [EPIC Resources](#)
- [Professional Practice Council](#)

PROFESSIONAL IDENTITY: Self

- Participate in Research, EBP, Committee, or QI Project
 - [RN Sponsor Clinical \("shadowing"\)](#)
 - [UWMC Equity, Diversity & Inclusion \(EDI\) Committee](#)
 - [Specialty Certification](#)
 - Specialty Organization Membership(s)
 - International Nursing Program
 - Furthering Your Education:
 - RN to BSN
 - Masters
 - Doctorate
 - Advancing your licensure:
- ARNP, CRNA, CNS, Nurse Midwife etc.

PROFESSIONAL DEVELOPMENT: Leadership Roles

- [UPC/LPC/PPC \(shared governance/leadership\)](#)
 - Staffing Committee
 - Committee Chair
 - [Transition to Practice](#)
 - [Preceptorship Program at UWMC](#)
- Other areas to advance in leadership:
- Mentorship
 - Charge RN
 - Assistant Nurse Manager/ RN3
 - Nurse Manager
 - Clinical Nurse Specialist or Educator, ARNP
 - Pain Resource or Wound/Ostomy Nurse
 - Magnet Champion
 - [Employee Development & Coaching](#)
 - [Healthy Work Environment Champion](#)
 - [Recognition Committee](#)

COMMUNITY PARTICIPATION

- [UW Nurse Camp](#)
- [UWMC Nurse Community Partnership LPC](#)
- [Public Health Reserve Corps](#)
- [Medical Reserve Corps](#). (MRC)
- Support groups for patients
- 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: _____