



Holistic Personal Development for Meaningful Engagement

June Kaminski, RN MSN, PhD(c)
Kwantlen Polytechnic University

Festival of Learning 2018

Wednesday May 30, 2018

Acknowledgement

I wish to acknowledge that this session is being held on the traditional unceded lands of the

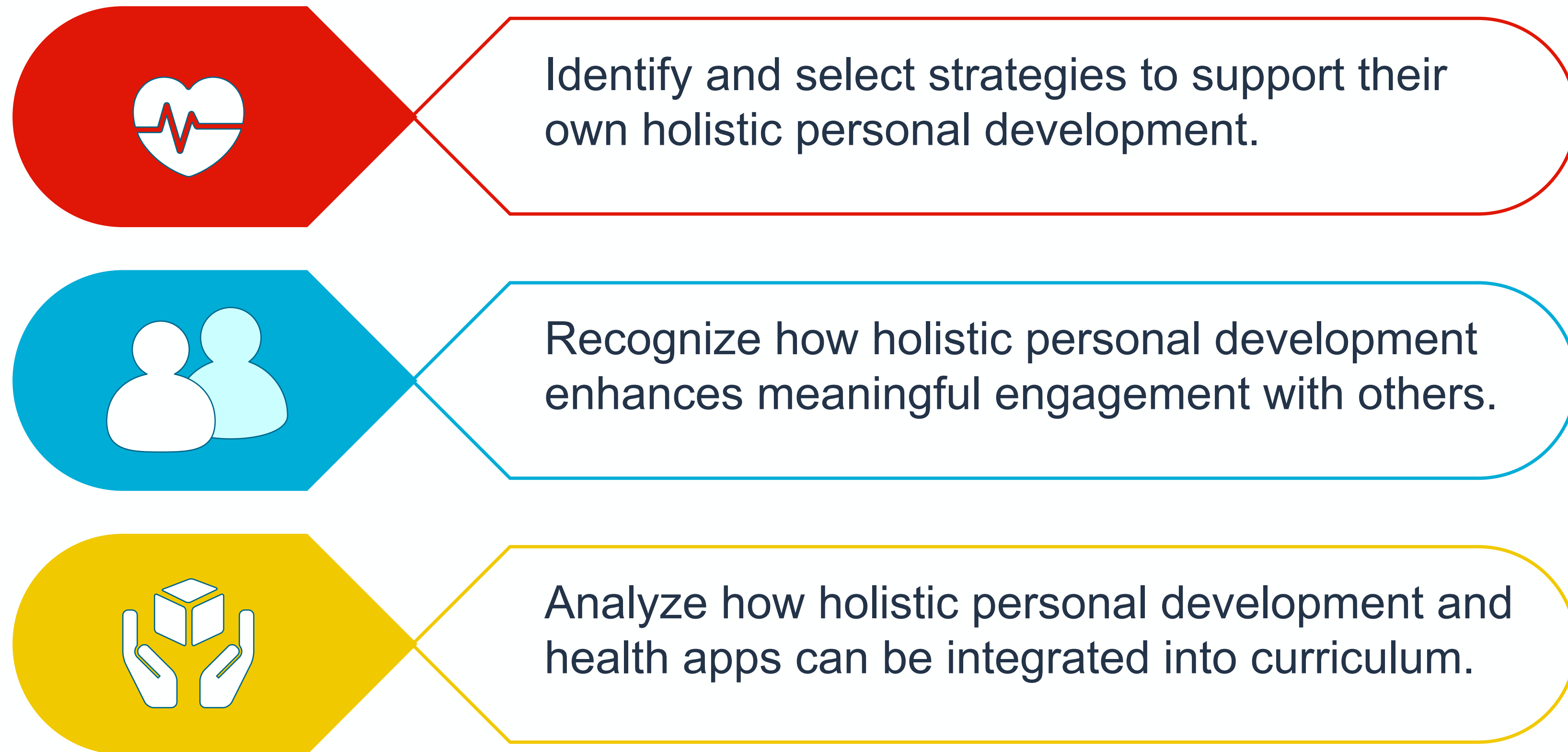
- Squamish (Sḵwxwú7meshÚxwumixw),
- Tsleil-Waututh (səl'ilwətaʔt), and
- Musqueam (xʷməθkʷəy̓əm)

Nations who have been on this sacred land for thousands of years.



Session Outcomes

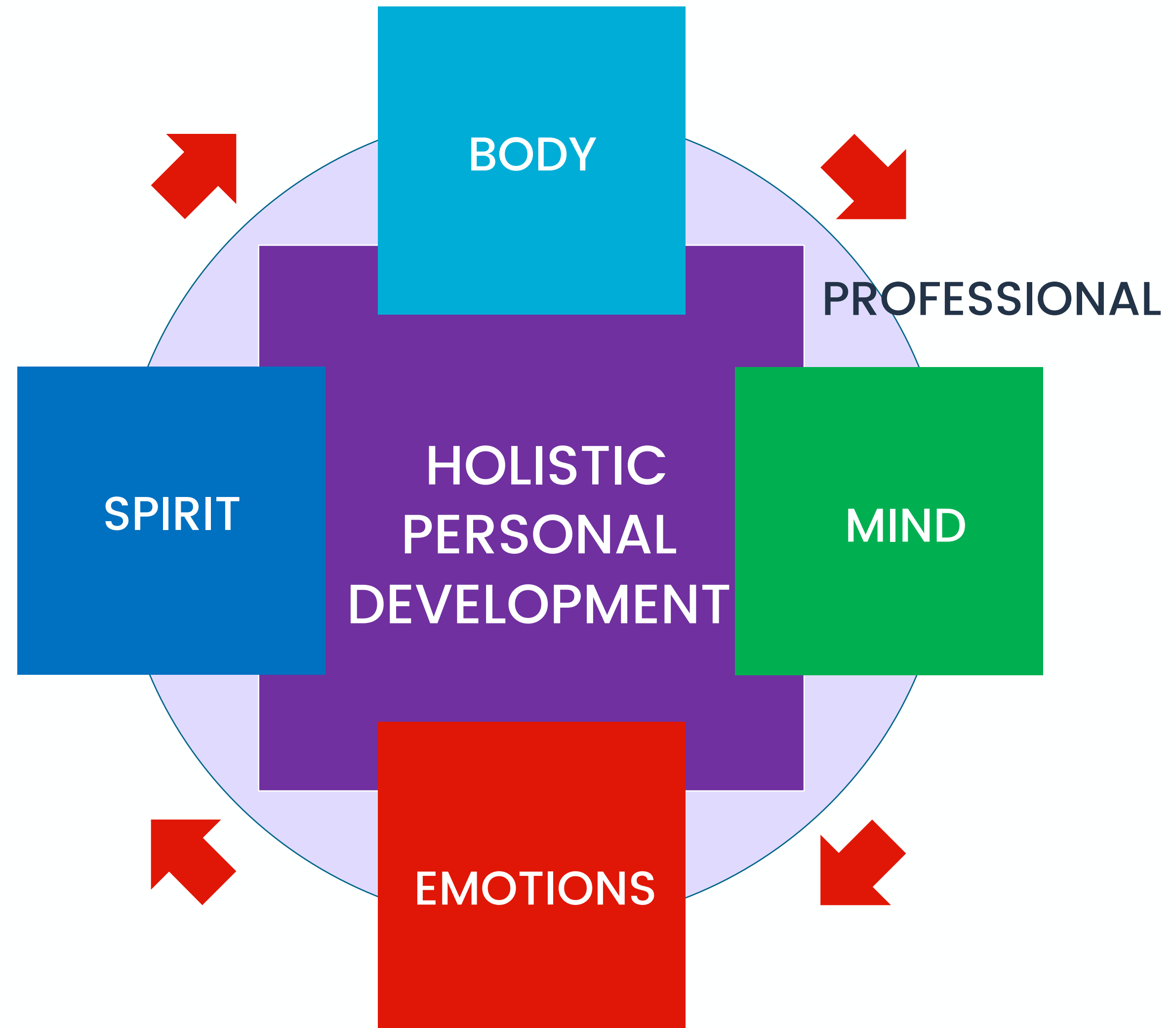
This session is intended to support attendees to:



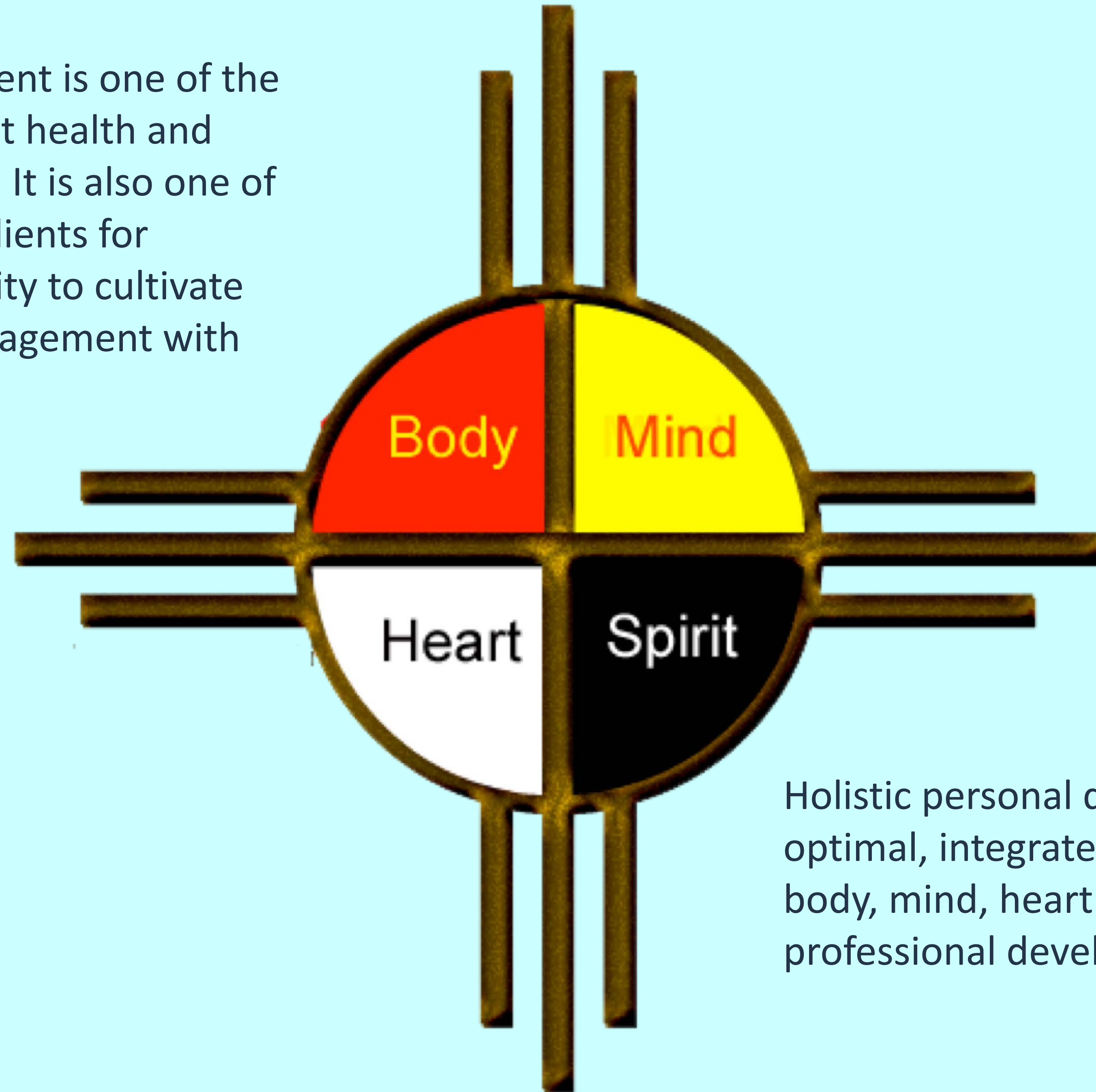
Personal Development

Should be Holistic

Developing all aspects of ourselves supports health, happiness, and our ability to engage with others in meaningful ways.



Personal development is one of the best ways to protect health and promote wellbeing. It is also one of the essential ingredients for developing the ability to cultivate deep relational engagement with other people.



Holistic personal development refers to optimal, integrated development of one's body, mind, heart or emotions, spirit and professional development.

Although in essence, we are whole beings, it is useful to describe holistic personal development by categorizing the different aspects of ourselves into physical, mental, emotional, spiritual, and professional dimensions. Each aspect relates to important needs or states that we must achieve to be holistically developed and well. The integration of all aspects forms a cohesive whole that serves people well in sustaining a healthy and happy life and effective professional practice.

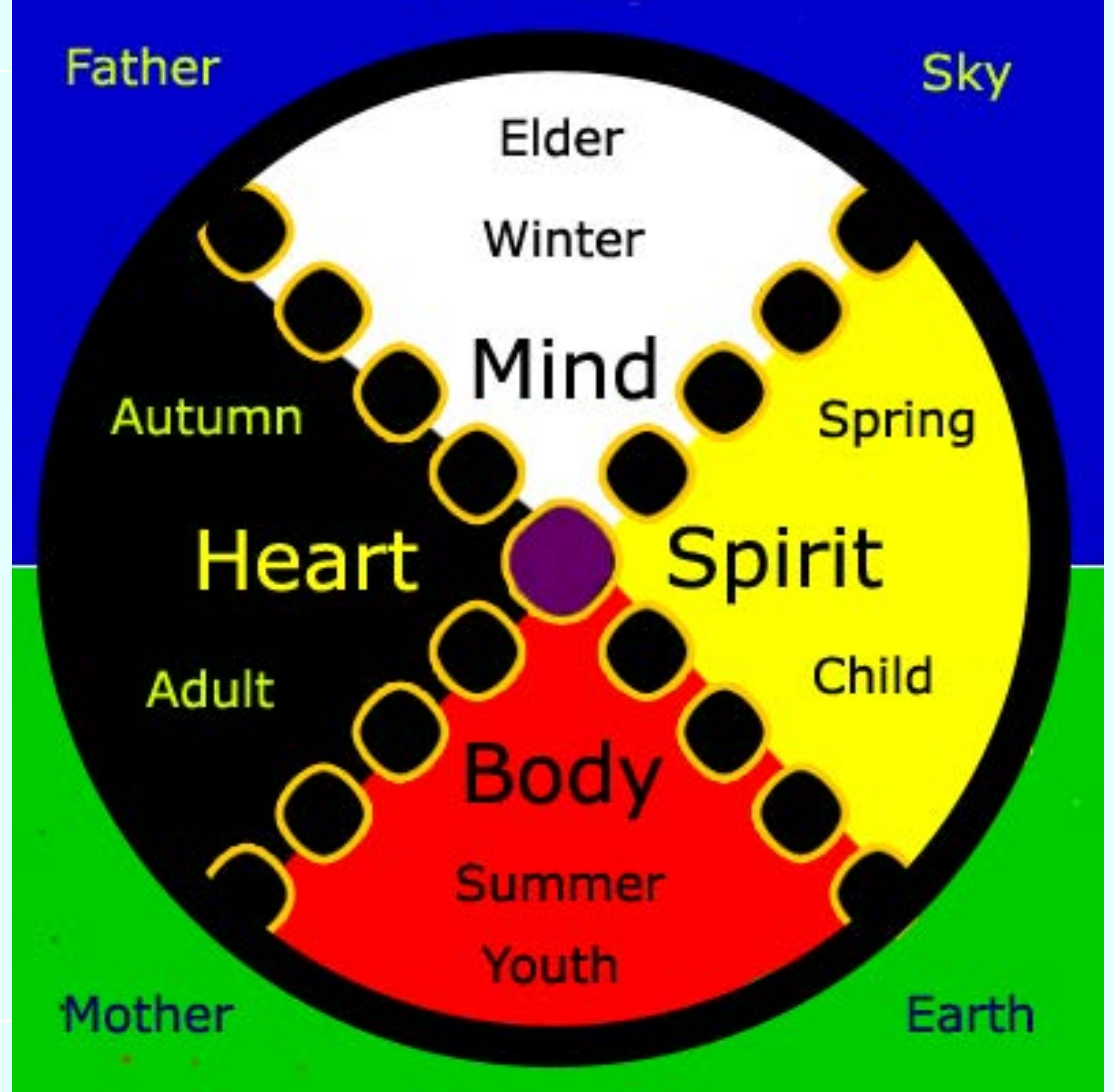
A group of approximately seven women are standing in a lush green field. They are dressed in colorful, bohemian-style clothing. Several of the women have their heads tilted back, looking towards the sky, suggesting a sense of awe, joy, or shared experience. The background is a soft-focus landscape with trees and a fence. The overall mood is positive and communal.

We SHINE Brighter together

Four Directions Origins

The holistic notion of body, mind, heart, and spirit is a time-honoured one for First Nations peoples but is somewhat of a novelty in mainstream society. It is however, a framework that is becoming more accepted as an important way to view the health of humans. More and more, this perception of people is being used across the board in mainstream health education and practice and in culturally appropriate programs and services.

There are many different models of the four directions teachings in First Nations cultures across Canada. This version originates from the Anishanaabe, the original peoples of the Great Lakes area in Eastern Canada and the US.



Overview

Of Personal Development



Action Planning

Setting Goals, Strategies, Timelines and selecting Actions to Work on.

Physical Dev't

Fitness, nutrition, communion with nature, relaxation, sleep, Intimacy and touch

Emotional Dev't

Healthy relationships, balanced emotions, caring capacity, empathy, interconnectedness

Mental Dev't

Intellectual, awareness, reflection, intuition, inquiry, mindfulness, decision-making, problem-solving, analysis

Spiritual Dev't

Inner guidance, higher purpose, calling to serve, deep inspiration, soul evolution

Professional Dev't

Life Path, career goals, Life-long learning, Portfolios, Mentors, Networking, growth of Expertise



Physical Development

Focusing on Our Bodies

STRENGTH + FLEXIBILITY + ENDURANCE – Minimum 150 minutes/week

Physical Activity

Is this a Goal for You?

Fitness provides so many benefits to people's health. It is often a primary goal for people. Being active is a very important part of vibrant physical wellbeing.





Balanced Nutrition

Is this a Goal for You?

Eating a well-balanced, varied diet is an important part of physical development. Eating local, in season, preferably organic food is important to ensure you receive all essential nutrients.



HEALTHY . FRESH . WHOLESOME

Sufficient Sleep

Is this a Goal for You?

Sleep is Important

All too often sleep is not sufficient when one is studying, working, and trying to get through each day.

Rejuvenating

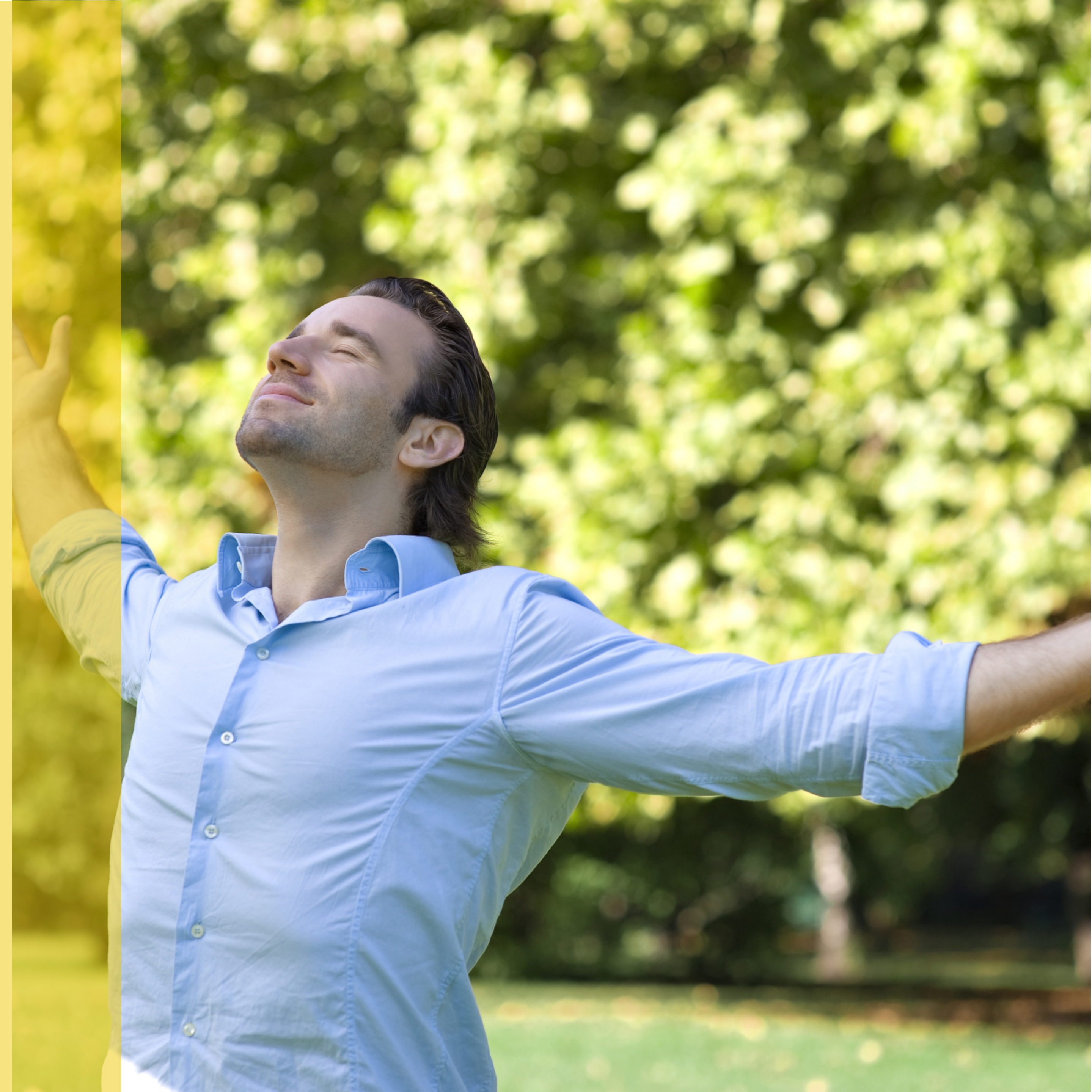
Allowing adequate sleep can make all the difference in your health.



Fresh Air & Nature

Getting outside on a daily basis, especially in nature benefits your body, mind, emotions, and spirit.

Is this a Goal for You?



Grounding

Walking barefoot on the earth helps us to ground our bodies, release stress, and reconnect with the earth.

Is this a Goal for You?

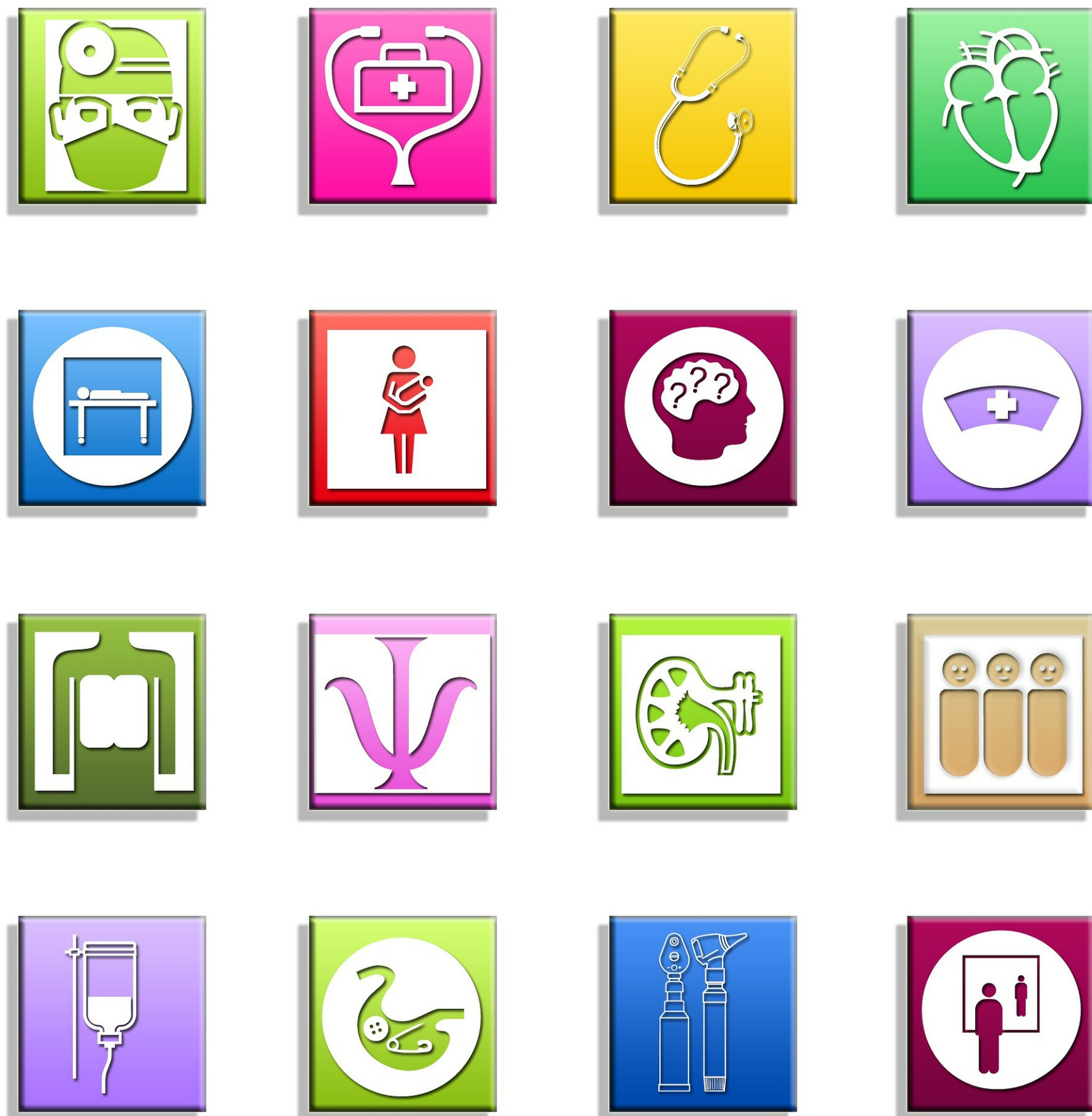


Introduction To mHealth



Lifestyle wellness is one of the most common reasons for using mHealth apps, at least from a consumer-driven perspective. A multitude of lifestyle apps are available, including:

- Fitness,
- Calorie counters,
- Nutrition,
- Sleep records and aids,
- Smoking cessation,
- Mood control,
- Meditation and mindfulness,
- Positive thinking,
- Brain exercises, and so on.



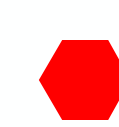
Wellness Apps

The most useful focus on health related apps to date is the promotion of healthy lifestyles and the provision of guidance to adhere to prescribed treatments. The IMS Institute (2013, p. 8) categorized health related apps according to function – whether they inform, instruct, record, display, guide, provide a reminder alert, and/or communicate.

The majority of them provide the first two functions: provide information or instruction. A select few offer a combination of these functions.

App Functions

Few apps offer all 7 functions



Inform

Provide information in a variety of formats (text, photo, video).



Record

Capture user entered data



Remind/Alert

Provide reminders to the user.



Communicate

Provide communication with HCP/patients and/or provide links to social networks



Instruct

Provide instructions to the user



Display

Graphically display user entered data/output user entered data.



Guide

Provide guidance based on user entered information, and may further offer a diagnosis, or recommend a consultation with a physician/a course of treatment

Wearable Device Benefits

Predicted most important benefits of wearable health device usage by 2020

Wellness Control

Encouraging individuals to take control over their own health and wellness.

Care Control

Encouraging patients to take control over their own care and treatment

Prevention

Improving access to preventative health information (eg. detecting, foreseeing and preventing illness and injuries).



Population Access

Helping healthcare providers target hard-to-reach groups (eg. teens or underserved communities)

Communication

Improving communication between providers and the patients they serve

Cost Reduction

Reducing cost to consumers (eg. by providing alerts, recommendations, or a cheap way for consumers to access healthcare services)

Physical Development Apps

A taste of the many available apps

People can enter personal data manually into many mobile health (mHealth) apps to keep track of their food intake, habits, workout repetitions, hours of sleep, goals, mindfulness sessions, and so on.



Calorie Counter and Fitness Tracker from MyFitnessPal

Receive personalized goals based on your individual diet profile, or enter your own goals, track fitness – iOS, Android , Free or Pro versions

<https://www.myfitnesspal.com>



Get in Gear

Easy to use activity tracker records exercise including walking, running, jogging, hiking, swimming, aquatics, bicycling, spinning, cardio, aerobics, yoga, zumba, pilates, dance iOS, Android, Free

<http://www.getingearapp.com>



Map My Walk

Record GPS-based activities, view detailed stats; connect with 400+ devices to import and analyze all your data in one place; log over 600 different activity types – iOS, Android , Free or Pro versions

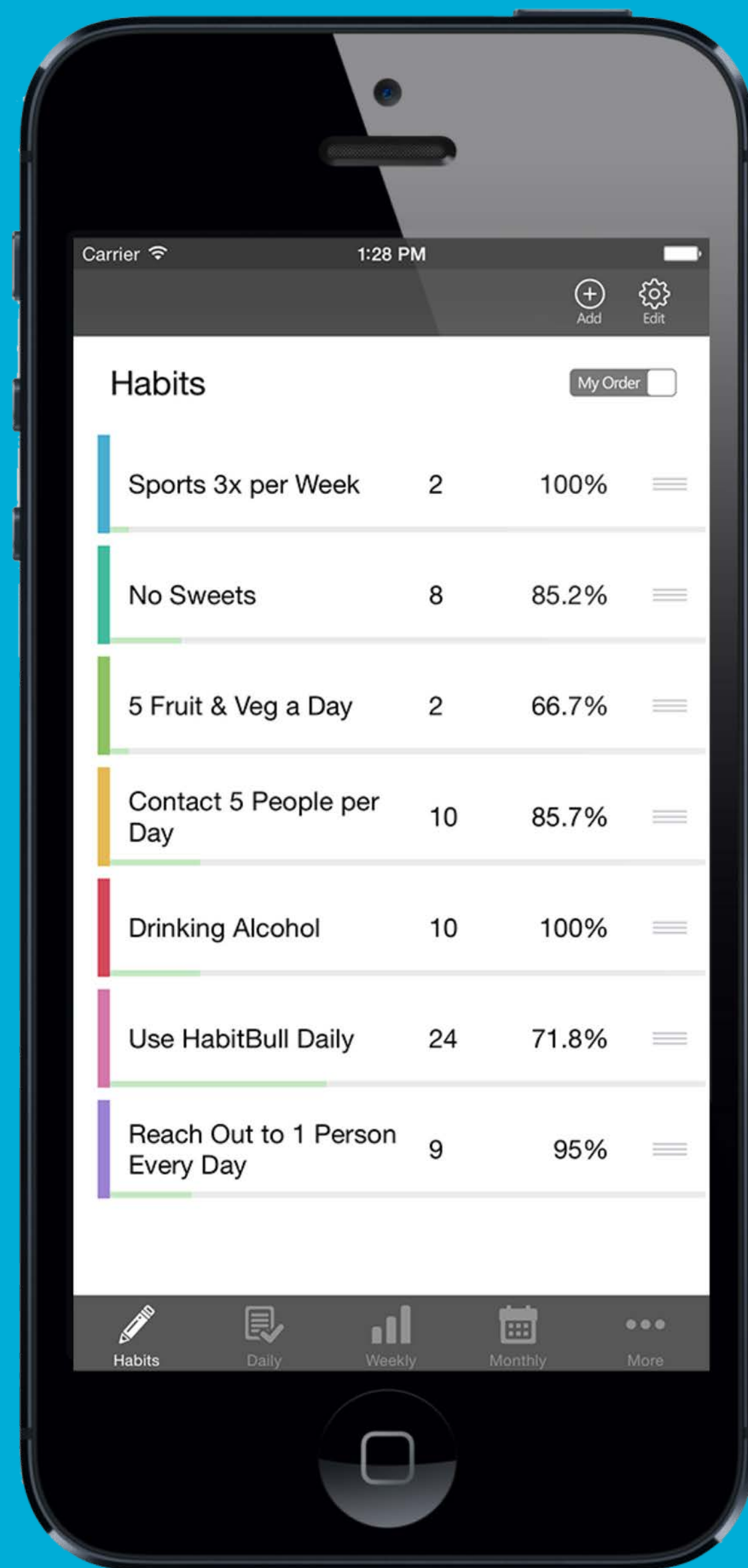
<https://www.mapmywalk.com/app/>



Yoga Studio

Gain access to beginner, intermediate and advanced yoga classes as well as guided meditation courses with this beautifully designed Yoga App – iOS, Android , Free or Pro versions

<http://www.yogastudioapp.com>



Habit Bull App

<http://www.habitbull.com>

Habit Bull is a Premium Habit Tracker that supports you to Easily break bad habits like smoking, drinking or nail biting, or build positive habits like fitness, meditation or Reading. Great community, sync devices, Get reminders, track ANY habit, cloud data, Multiple widgets. iOS and Android.



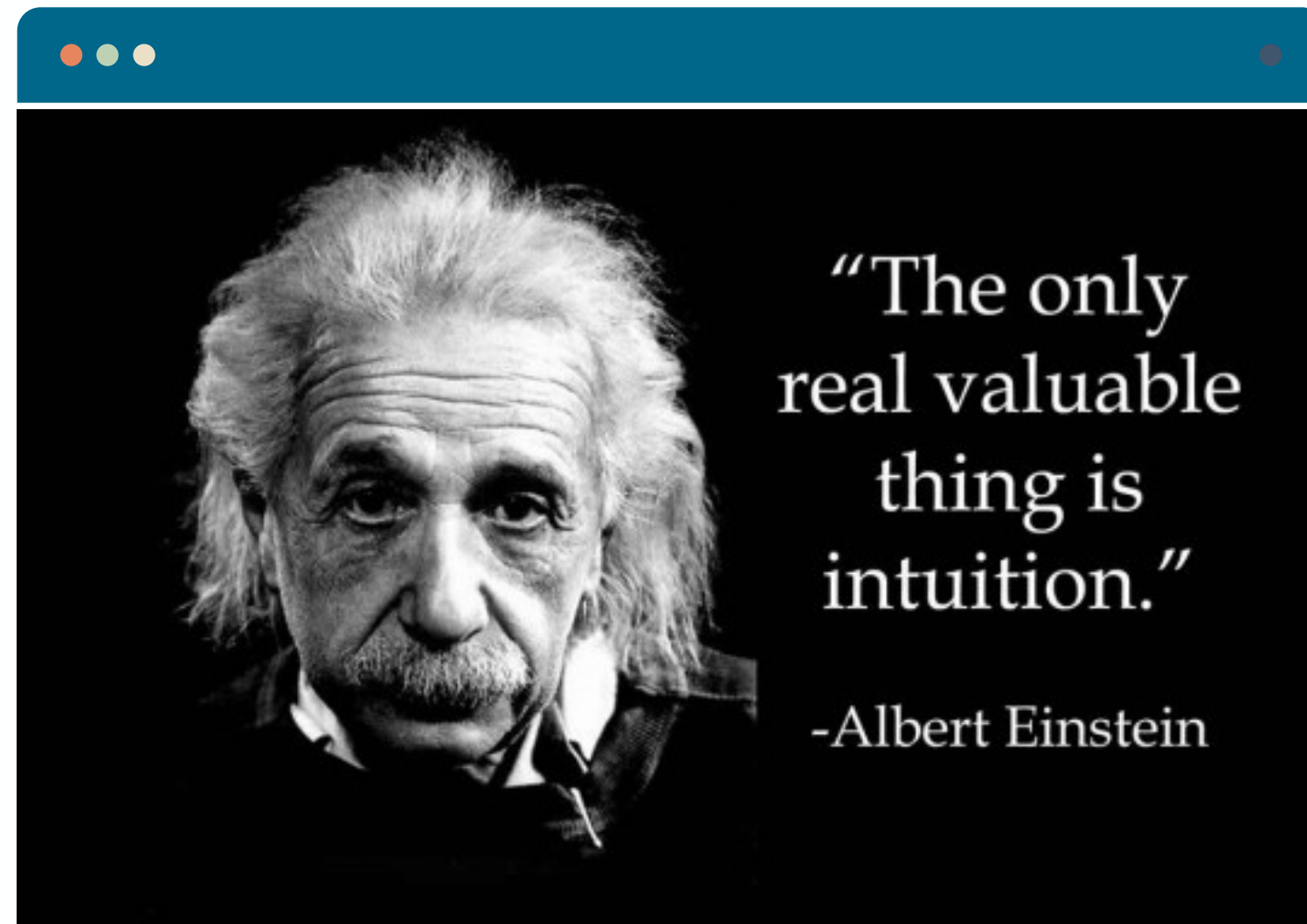
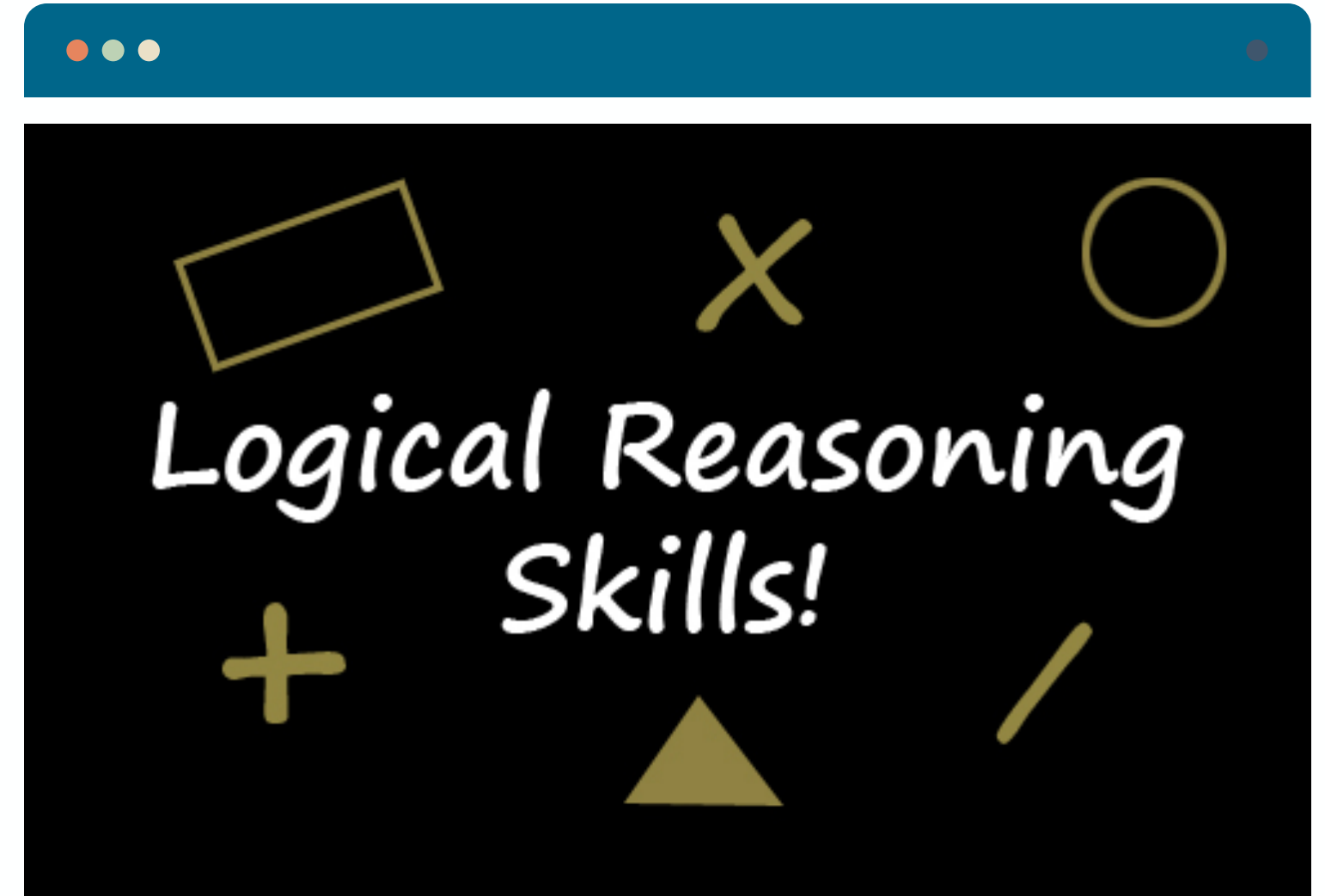
Mental Development

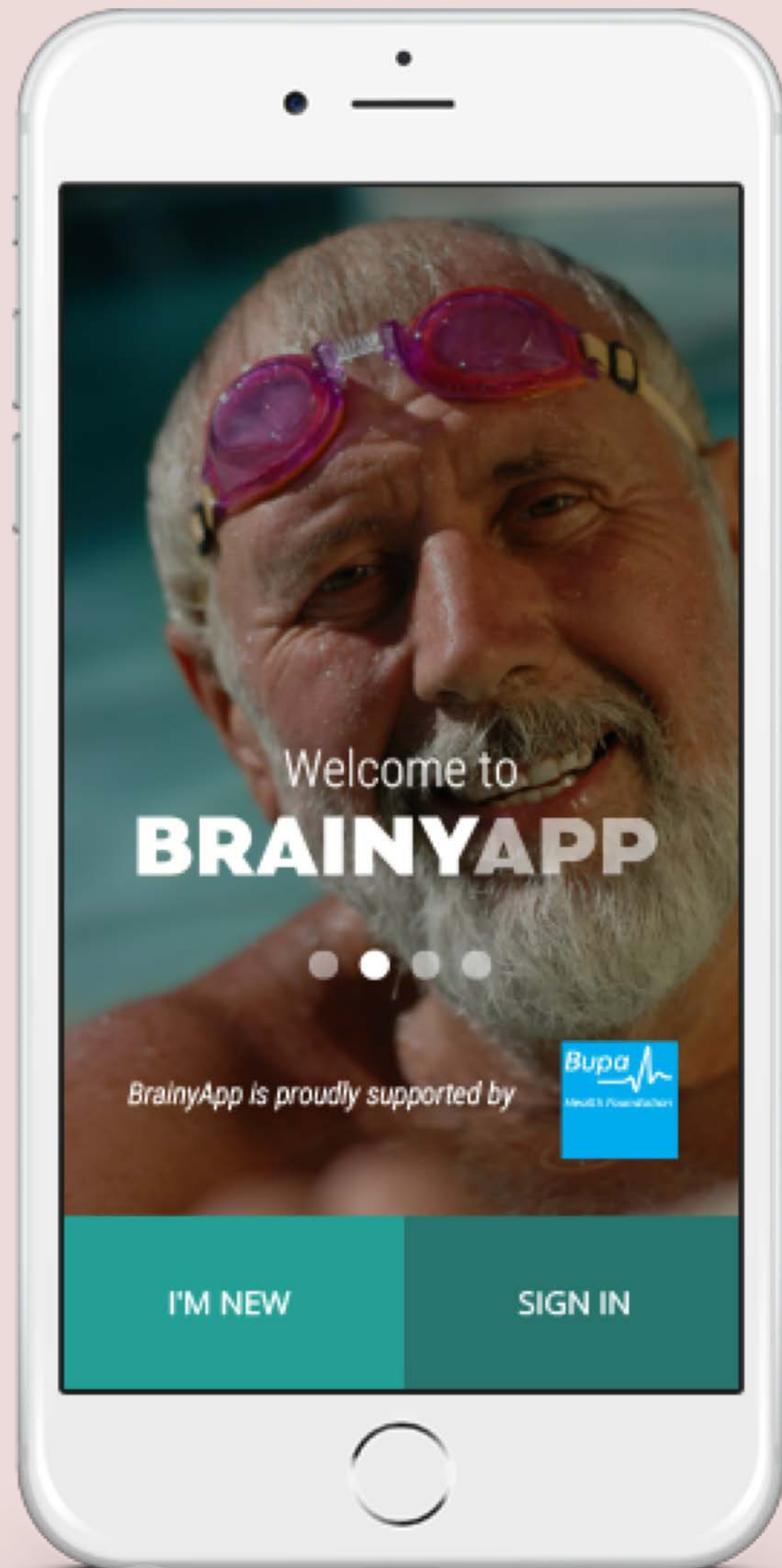
Focusing on Our Minds

Whole Brain Development

Is this a Goal for You?

Balancing logical thought with intuition, reflection, and artistic thinking helps to keep our minds sharp and well-balanced.



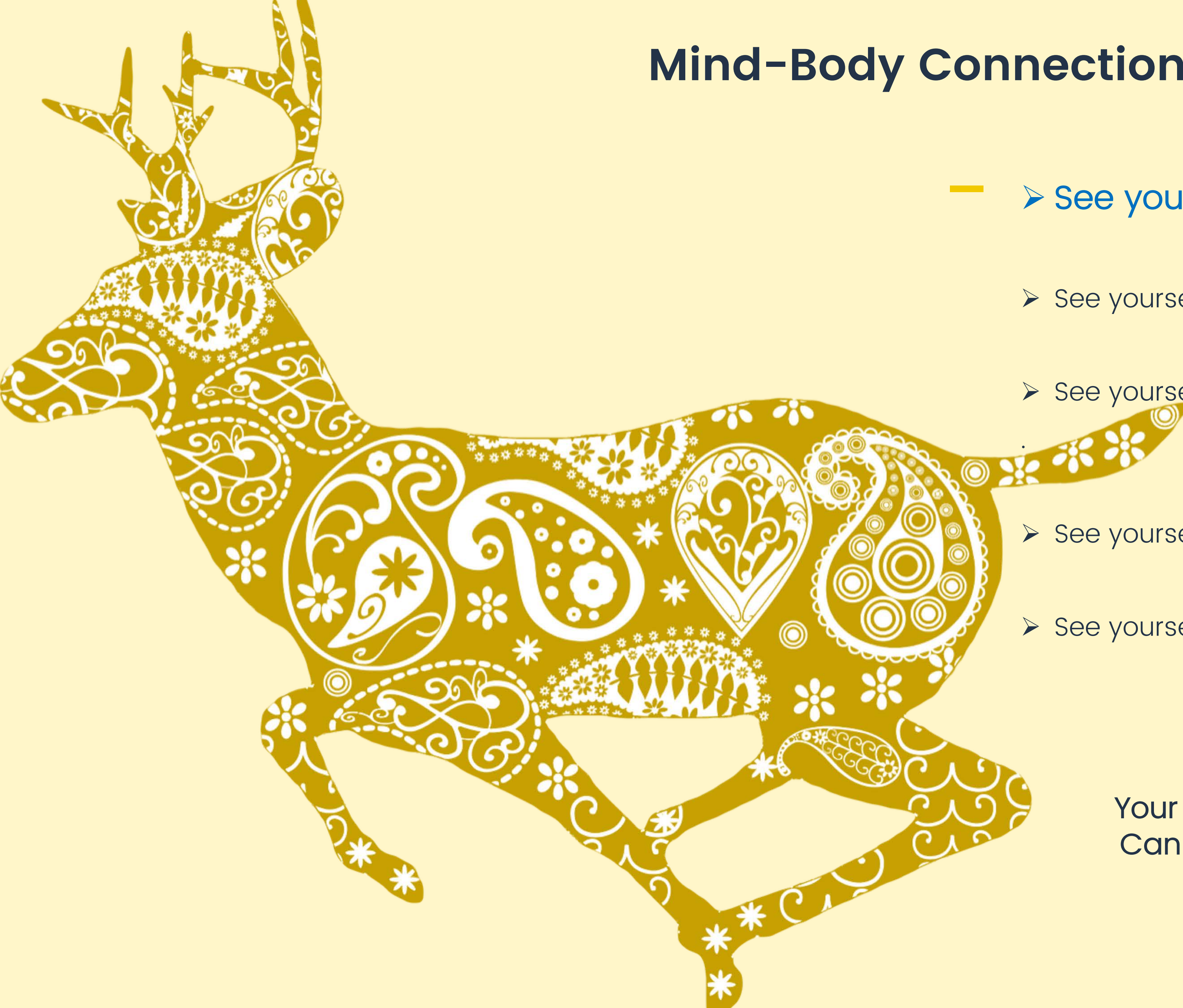


BrainyApp

<https://brainyapp.com.au>

BrainyApp is a fun way to help you look after your brain health to reduce your risk of dementia. BrainyApp is available internationally for Apple and Android devices.

Mind-Body Connection



- See yourself run like a deer.
- See yourself as powerful as a panther; with quick reflexes.
- See yourself as strong and sure-footed as a stallion
- See yourself as graceful and peaceful as a swan.
- See yourself as nimble and quick as an otter:

Your mental imagery and imagination
Can empower your Physical activities

A person in a teal t-shirt and blue pants is walking barefoot on a path of rocks in a calm lake. The water is a light teal color, and the sky is a pale, hazy blue. The person's reflection is visible in the water. The overall mood is peaceful and contemplative.

Mindfulness and the Mind

Mindfulness is the basic human ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what's going on around us..

Is this a Goal for You?



Practice Being Present

Mindfulness & Health

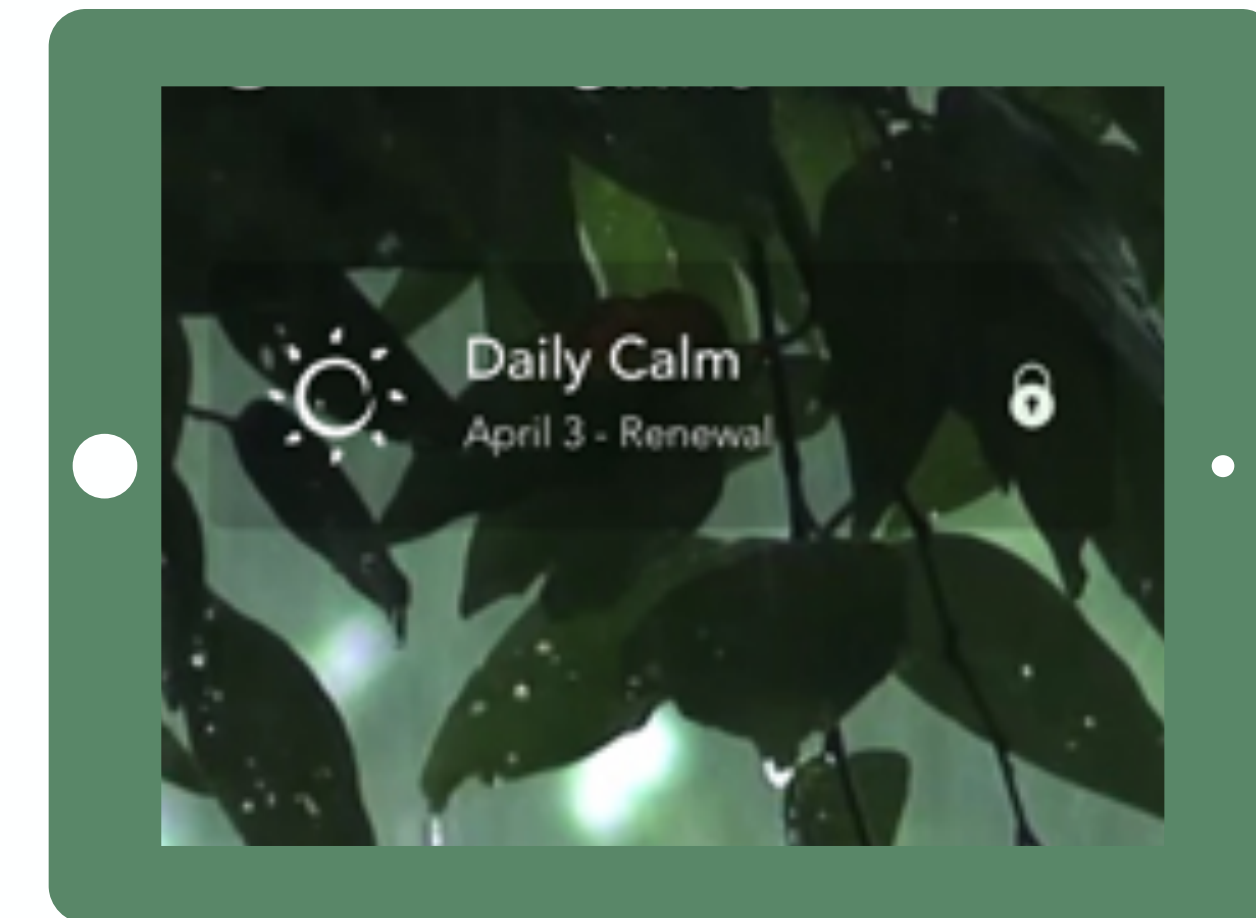
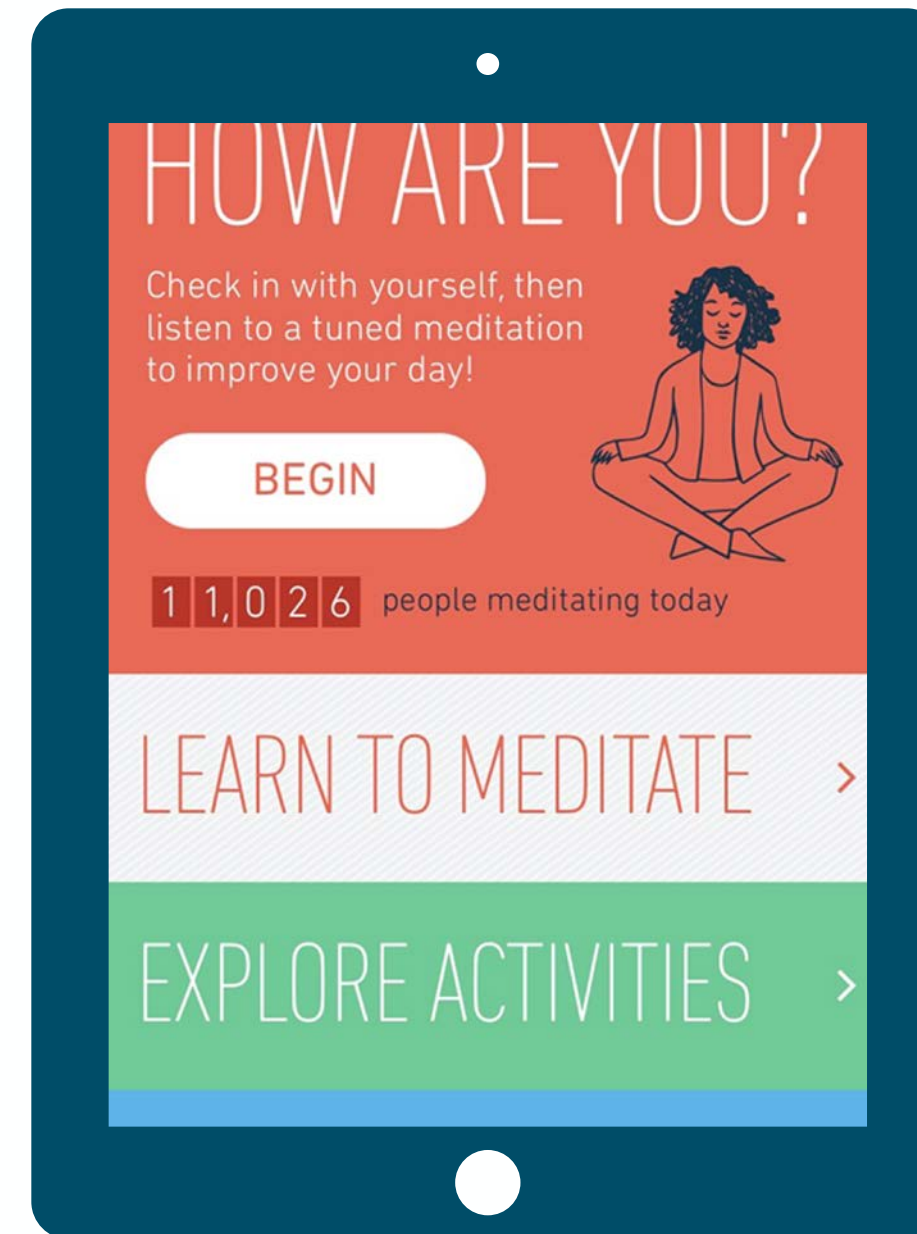
“Mindfulness is a way of being that promotes a return to the present moment, its practice cultivates awareness. It is also a self-care practice to help you avoid that slippery slope into burnout, strengthening your ability to slow down, concentrate, and pay attention to what matters most. Scientifically proven to have many health benefits, mindfulness anchors you in the present, freeing your busy mind to focus on the here and now. Although it requires persistence and patience, mindfulness is an investment well worth your time. With regular practice, you’ll see changes in your attitude toward work, your relationships, and even your lifestyle”

(Carmel Sheridan, *The Mindful Nurse*, p. 19).

Mindfulness Apps

Gentle reminders

These apps help you find moments of peace despite a hectic world around you. Great for both mental and emotional health. iOS and Android..



Stop, Breathe and Think – <https://www.stopbreathethink.com>

Calm –Meditate, Sleep, Relax – <https://www.calm.com>

Love Heals
Love Matters



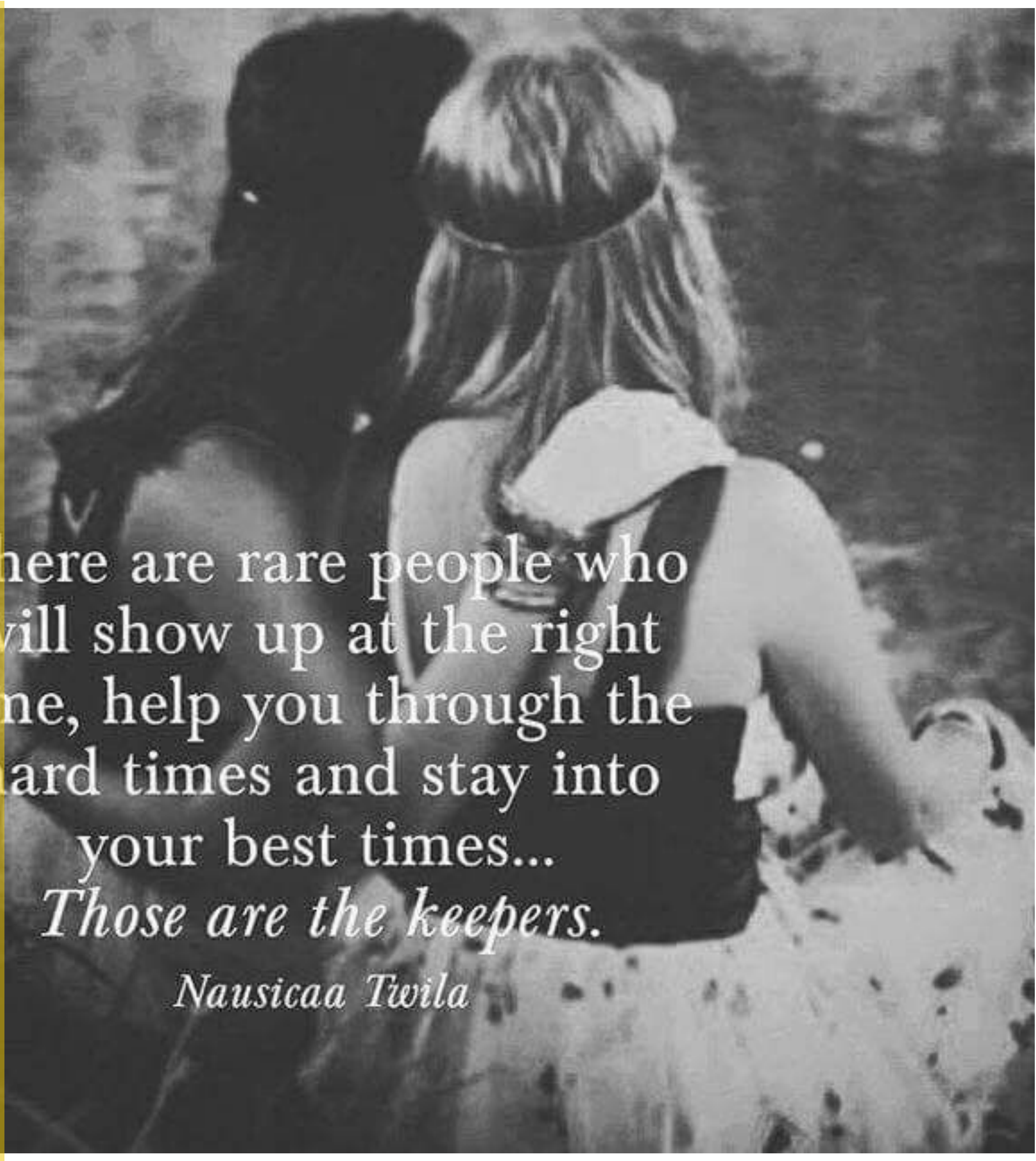
Emotional Development

Focusing on Our Hearts

Healthy Relationships

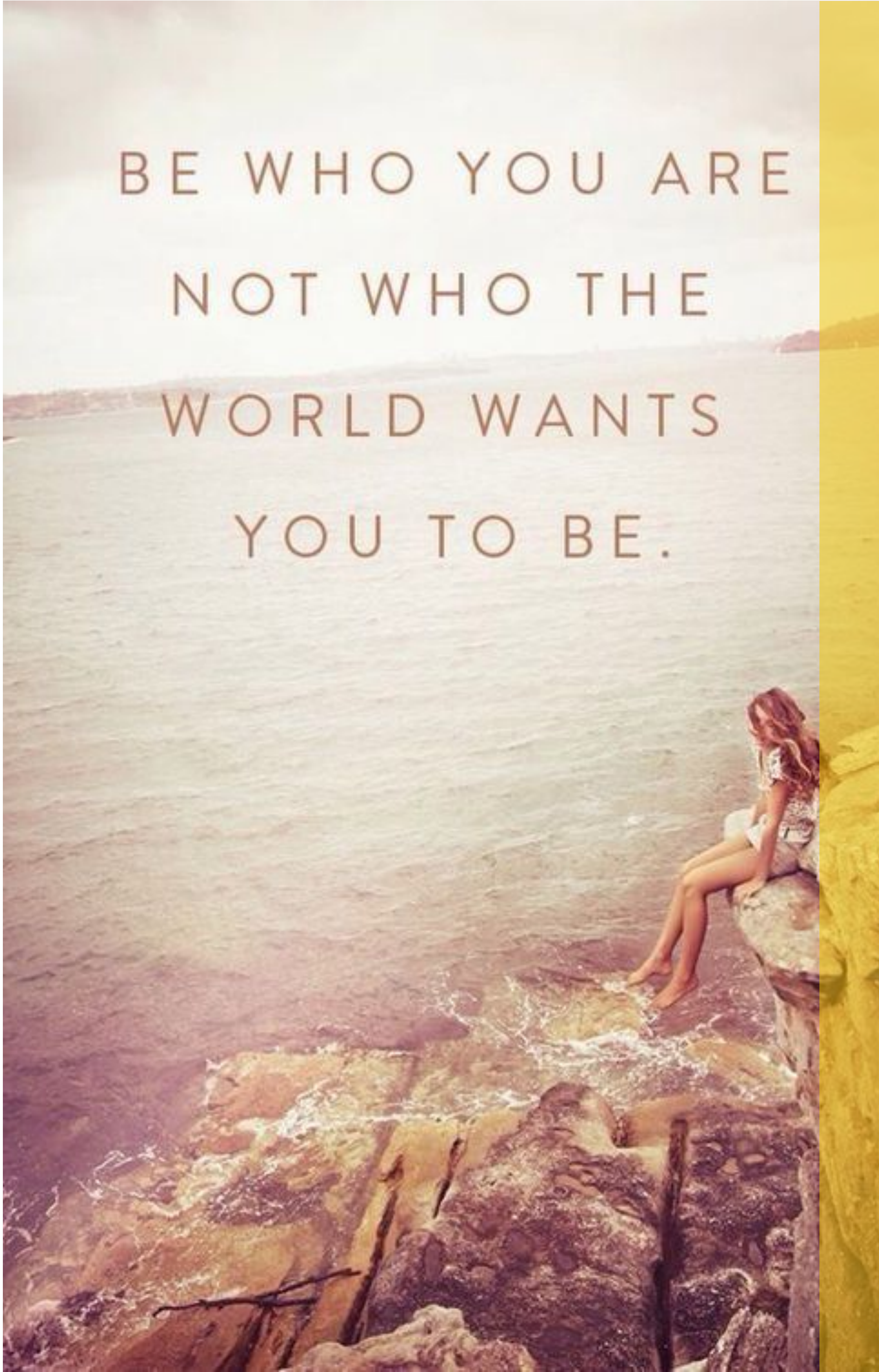
All kinds of healthy bonds feed our emotional development, whether romantic, friendship, family or with colleagues.

Is this a Goal for You?



There are rare people who will show up at the right time, help you through the hard times and stay into your best times...
Those are the keepers.

Nausicaa Twila

A woman with long blonde hair is sitting on a rocky cliff overlooking the ocean. The scene is captured in a soft, golden-hour light, with the water appearing calm and the sky a pale, hazy blue. The woman is wearing a light-colored, patterned dress and is looking out towards the horizon. The overall mood is serene and contemplative.

BE WHO YOU ARE
NOT WHO THE
WORLD WANTS
YOU TO BE.

Emotional Balance

Liking yourself and engaging in supportive self-talk are important strategies for emotional balance.

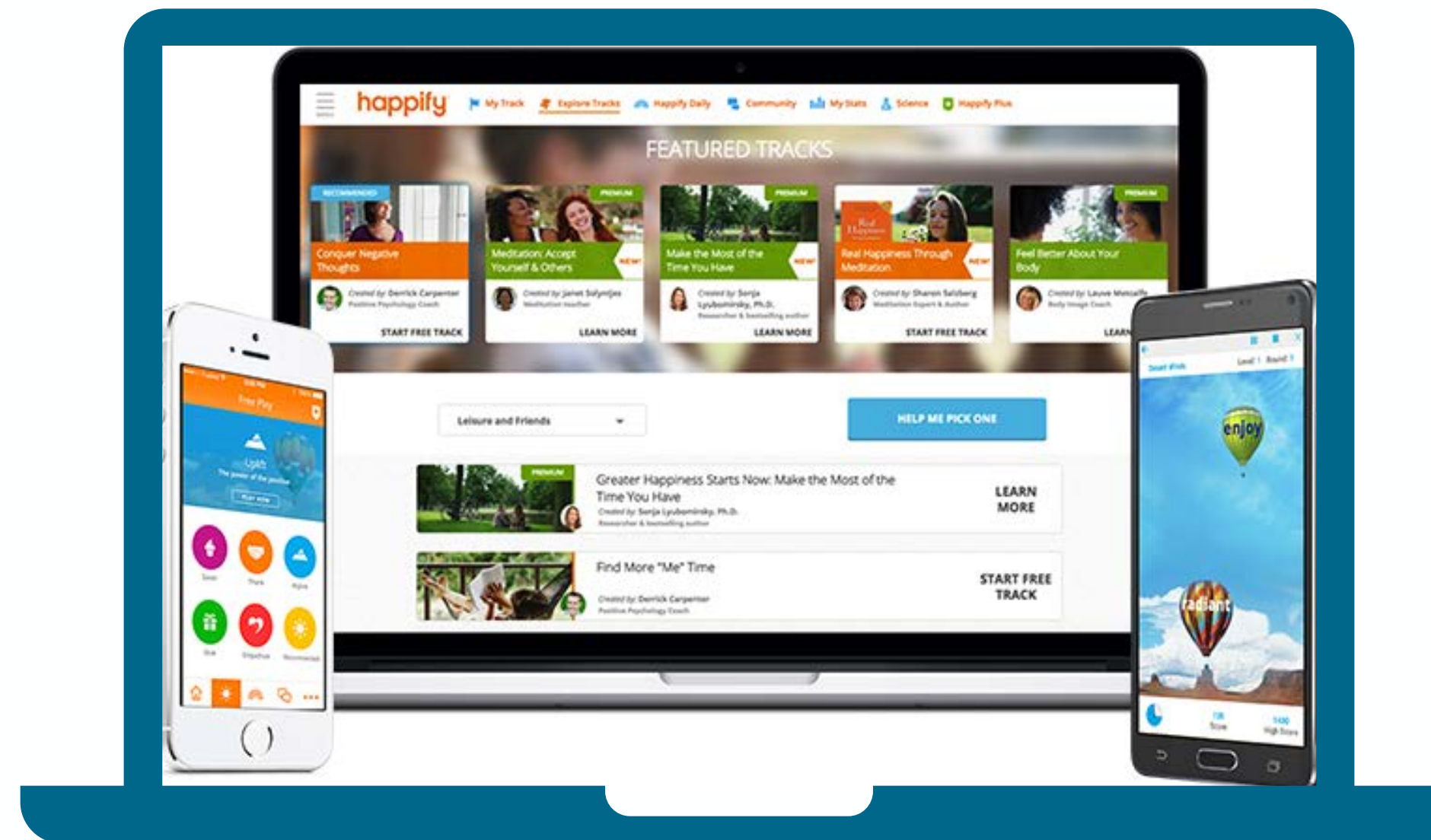
It is realistic to be aware of your flaws, yet not berate yourself for them. Rather, gently reflect and decide how you will improve to be the best version of your self.

Is this a Goal for You?

Happify App

For Emotional Health

How you feel matters!
Whether you're feeling sad, anxious, or stressed, Happify brings you effective tools and programs to help you take control of your feelings and thoughts.



Our engaging activities and games can be used anytime, anywhere—on your smartphone, tablet or computer. Small slices of time can make big-time changes. iOS and Android.

<https://my.happify.com>



Spiritual Development

Focusing on Our Essence

Life Purpose

*“The meaning of life is to find
your gift. The purpose of life is
to give it away.”*

Is this a Goal for You?

Pablo Picasso

ALAME LEADERSHIP

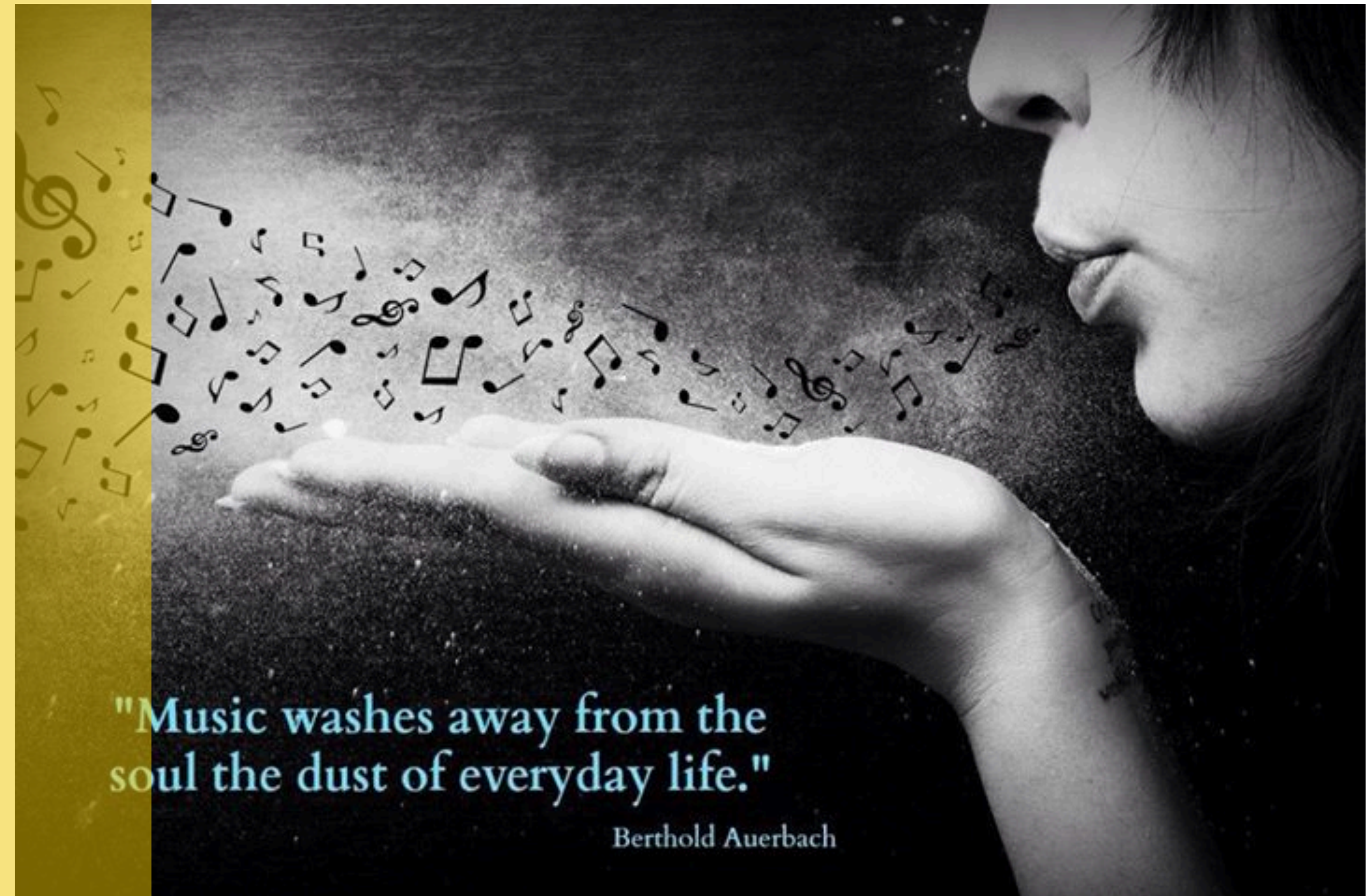
Inspiration • Empowerment • Transformation

www.alameleadership.com

Find Inspiration

Reflect and explore until you find what truly inspires you. Then surround yourself with what you have discovered. .

Is this a Goal for You?



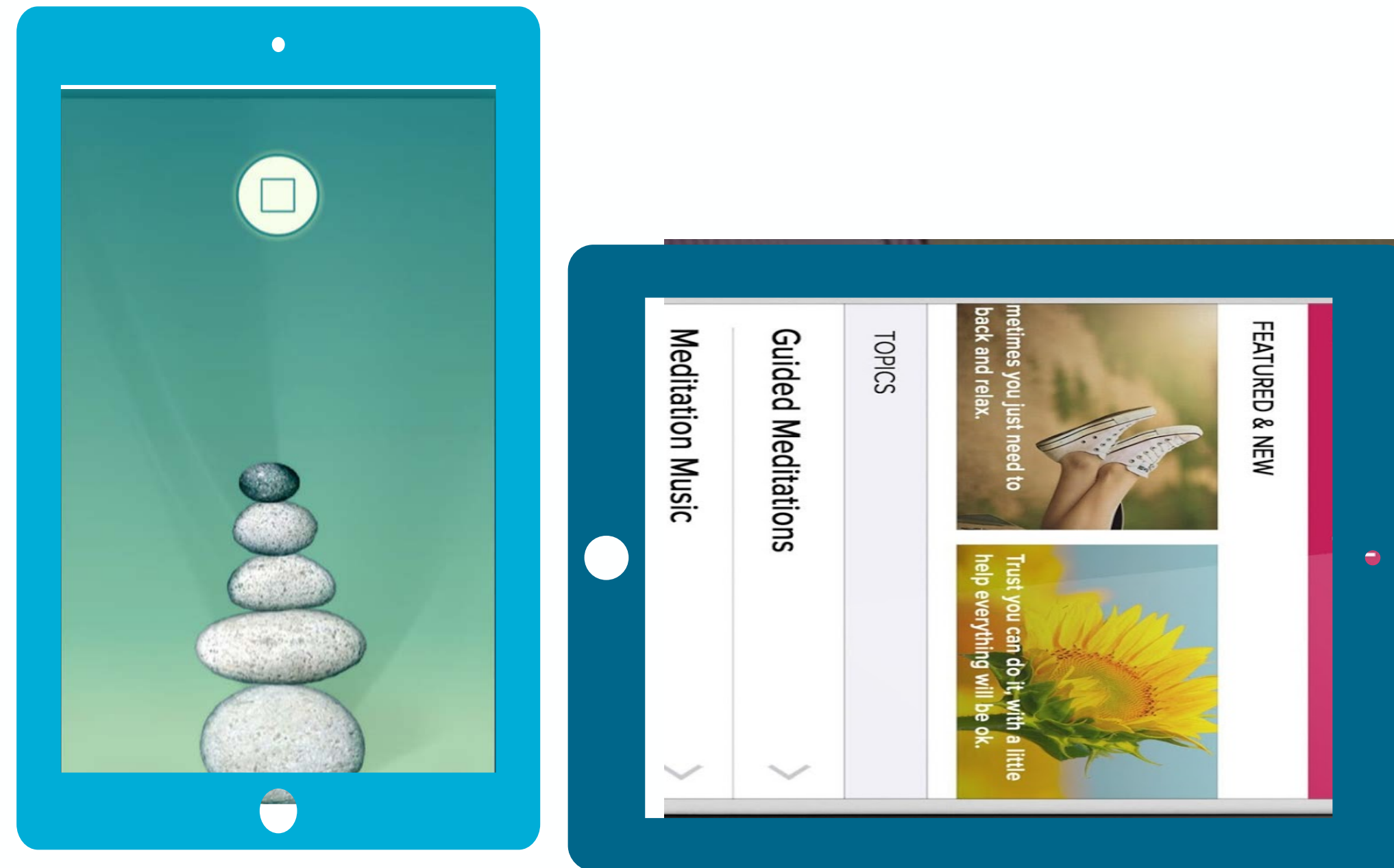
"Music washes away from the soul the dust of everyday life."

Berthold Auerbach

Spiritual Development

Apps that support Spiritual practice

There are many apps that focus on secular as well as particular spiritual belief systems, all geared to inspire and support spiritual growth. Here are two for iOS and Android.



SPIRITUAL ME – a new way to help you focus your mind, refresh your spirit and maintain awareness of your emotions. – <http://www.spiritualmeapp.com>

1000 Guided Meditations for Mindfulness Relaxation – Listen to audio courses, music, and relaxing sounds to support your meditation practice. Give up your everyday stress and learn to achieve mindfulness through the guidance of meditation experts.

[ANDROLD](#) OR [ITUNES](#)

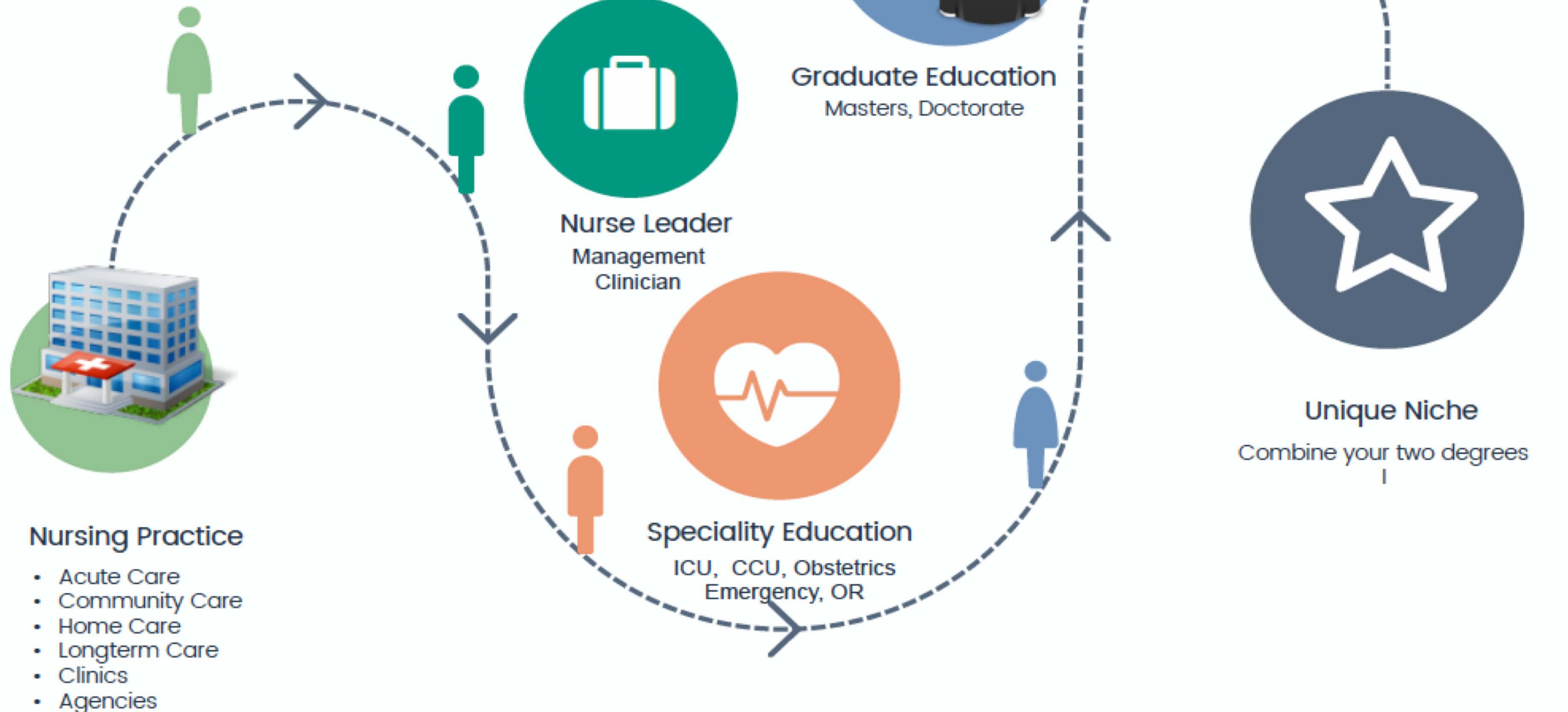


Professional Development

Focusing on Our Life Path

BSN-PB (BSN-AE) Career Map

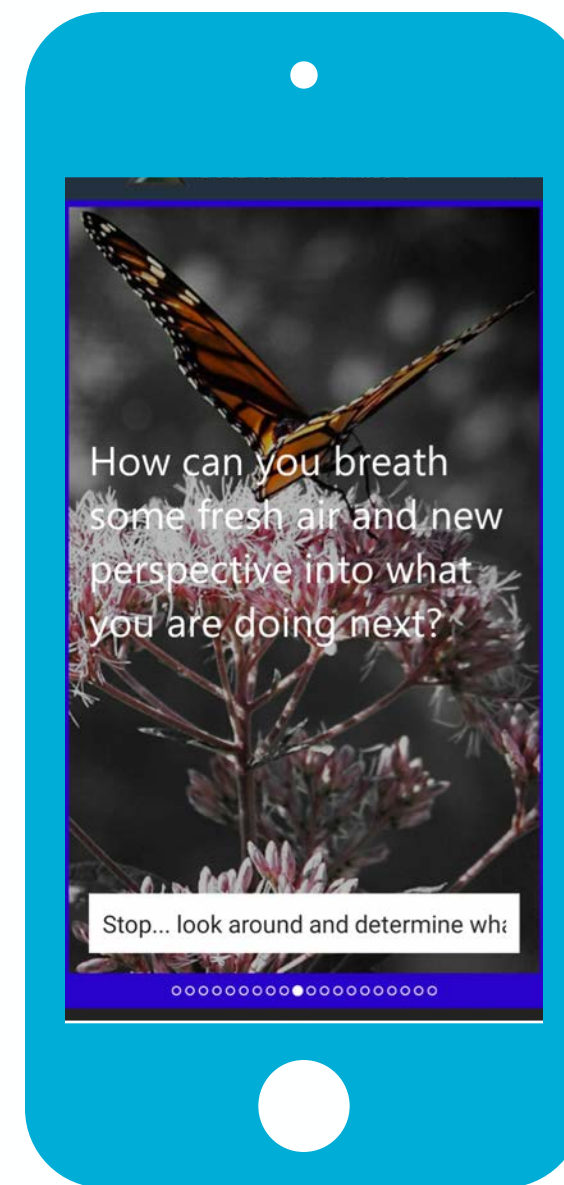
Graduates have a range of possibilities....



Professional Development

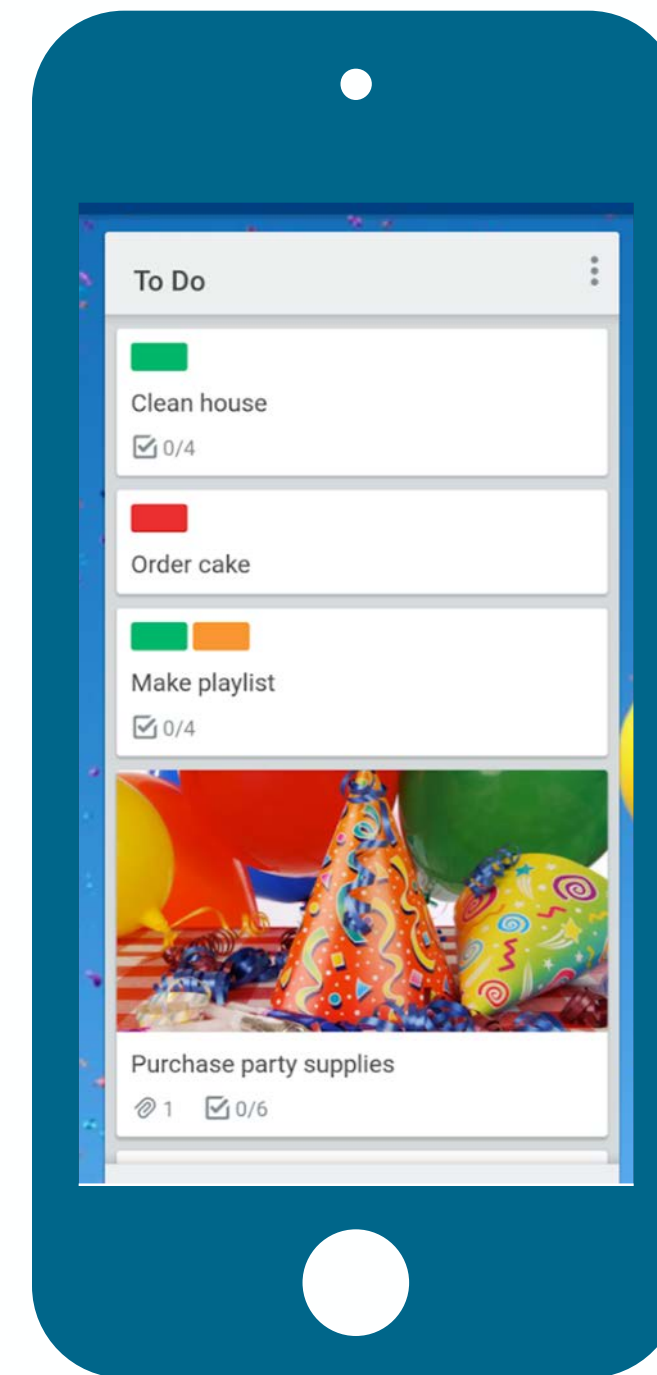
Supported Apps

There are many apps available for both iOS and Android to support time management, project tracking, career planning, leadership development, and tracking life plan goals. Here are three you can check out.



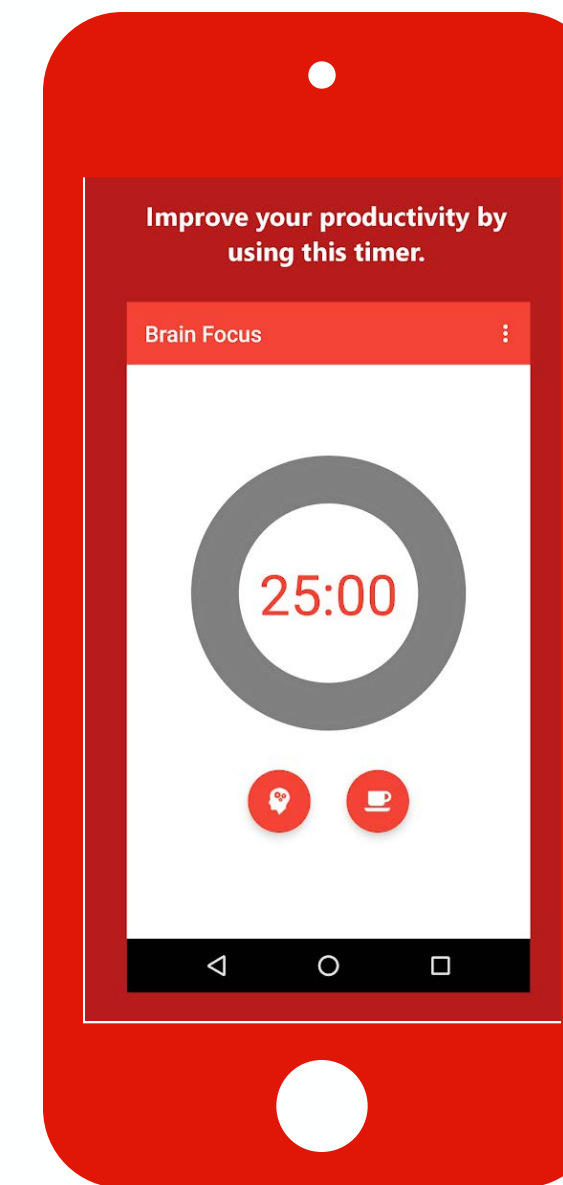
The Time Prism

The Fastest & Easiest Way to Learn, Remember, and Master the Success-Critical Skills for Higher Achievement.. [LINK TO SITE](#)



Trello for Productivity

Trello gives you perspective over all your projects, at work and at home. Create visual boards to organize anything you're working on. [LINK TO SITE](#)



Focus - Time Management

This app is designed to help clear your mind, boost your work productivity and Stay Focused on your current task at hand. [LINK TO SITE](#)

Why Do You Work?

The wheel of work: analyse what your career means to you.

1. Select the segments of the wheel containing factors that are meaningful to you.
2. Use the scoring system 1-5 to rate how important each factor is to you (1- not very important through to 5- extremely important)

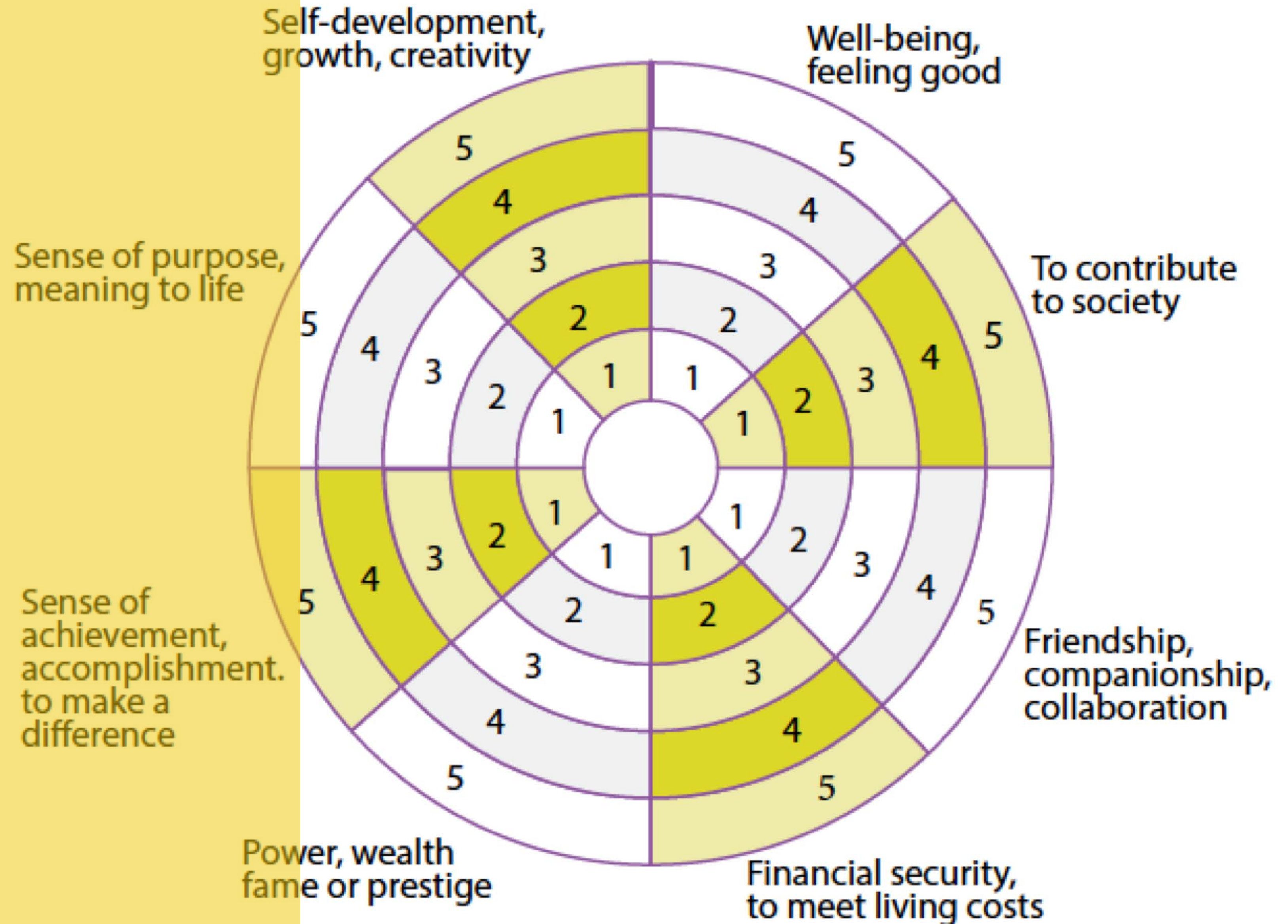
e.g. If feeling good is extremely important to you, shade all sections numbered 1-5 of this segment, if it is fairly important give it a score of 3 and shade the sections numbered 1-3.).

3. Take a look; does your current career match your priorities?

SOURCE:

The Essential Career Organisation Toolkit by Dr. Wendy Broad.

[CLICK TO DOWNLOAD](#)



Professional Action Plan

“A career action plan enables you to focus your thoughts and ideas into a series of steps to achieve your career objectives within a realistic timescale. The process takes into account the fact that situations change and plans can be reviewed and altered..” (Broad, 2014., p. 2, Jobs.ac.uk Website).

SOURCE:

The 5 Minute Career Action Plan by Dr. Wendy Broad (2014).

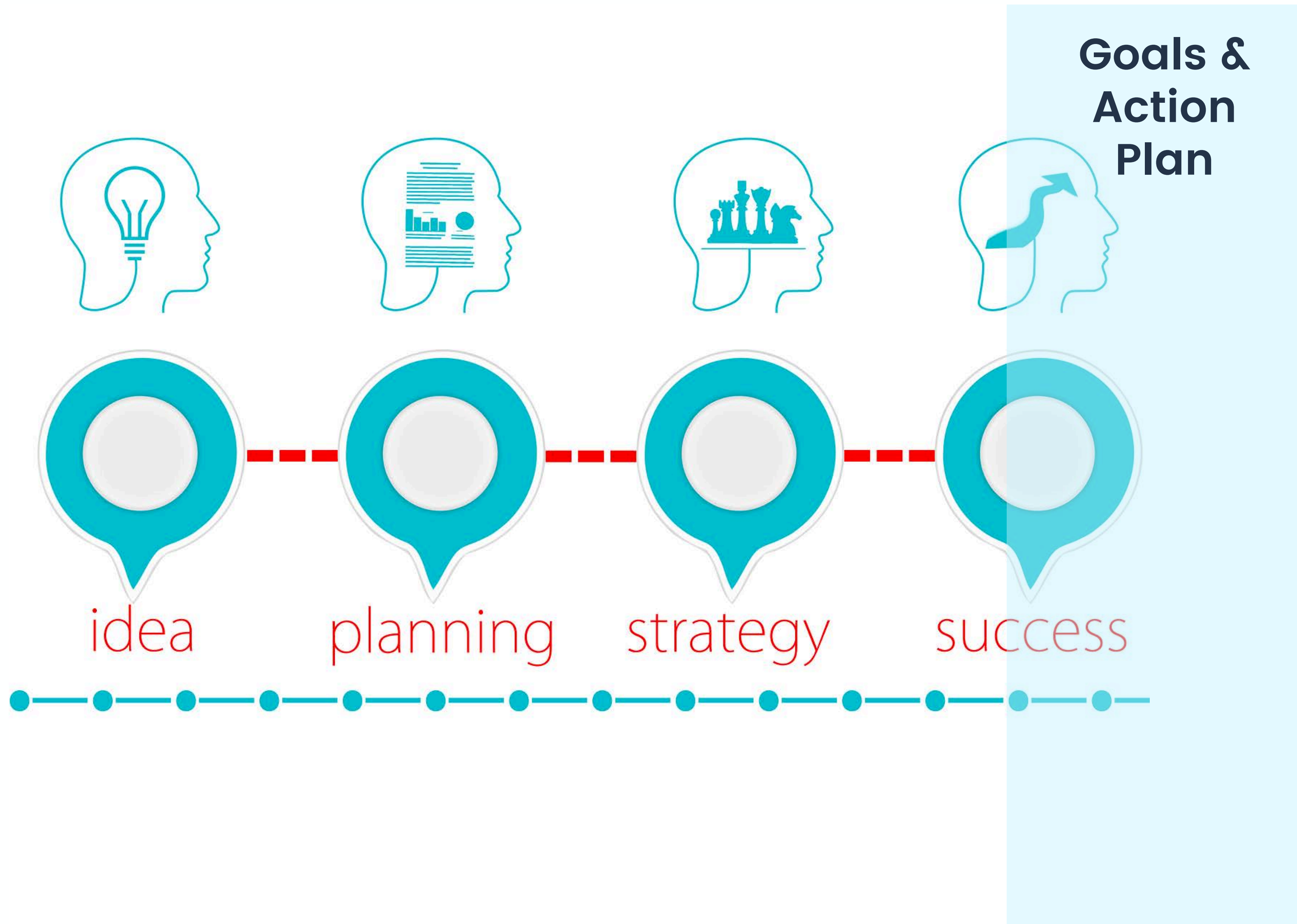
[CLICK TO DOWNLOAD](#)





Action Planning

Reaching for Our Goals



Complete the Personal Development Plan worksheet by including at least one goal with strategies and timelines for each dimension – Physical, Mental, Emotional, Spiritual, and Professional. Make sure these are goals you actually do want to work on.

Then complete the Brief Action Planning Sheet to explore which goal you want to work on first.

SMART Goal setting

The first step for all development

—
Start by identifying personal development aims relating to your vision of the future and what you want to achieve. Break these down into step-by-step goals. To keep on track make your goals **SMART**. Remember to include a date to review your aims to allow for changes in your priorities.

S

Specific

Identify a clear outcome that you want to achieve.

M

Measurable

Consider how you will know when you've completed the goal

A

Achievable

Ensure goals are feasible in your time frame and you are motivated to complete them

R

Relevant

Consider whether they are relevant to your personal development aims.

T

Timed

State the date when you will complete them.





Brief Action Planning

Is there anything you would like to do for your personal development in the next week or two?

YOUR IDEA?

- Focus on one action at a time
- Choose small changes or actions = achievable
- Make a SMART plan of action that is:

Specific – What exactly do I want to do?

Manageable – How long will I do this or how much will I do it?

Action-oriented – How often will I do it and when?

Realistic – Where will I do it?

Time limited – When will I start?



Brief Action Planning

Write out your plan as a sentence beginning with I WILL:

Example: I will walk 20 minutes 3 times a week along the water starting next Monday.

Repeat your plan out loud.

Ask yourself: how confident are you that you can carry out your plan? _____

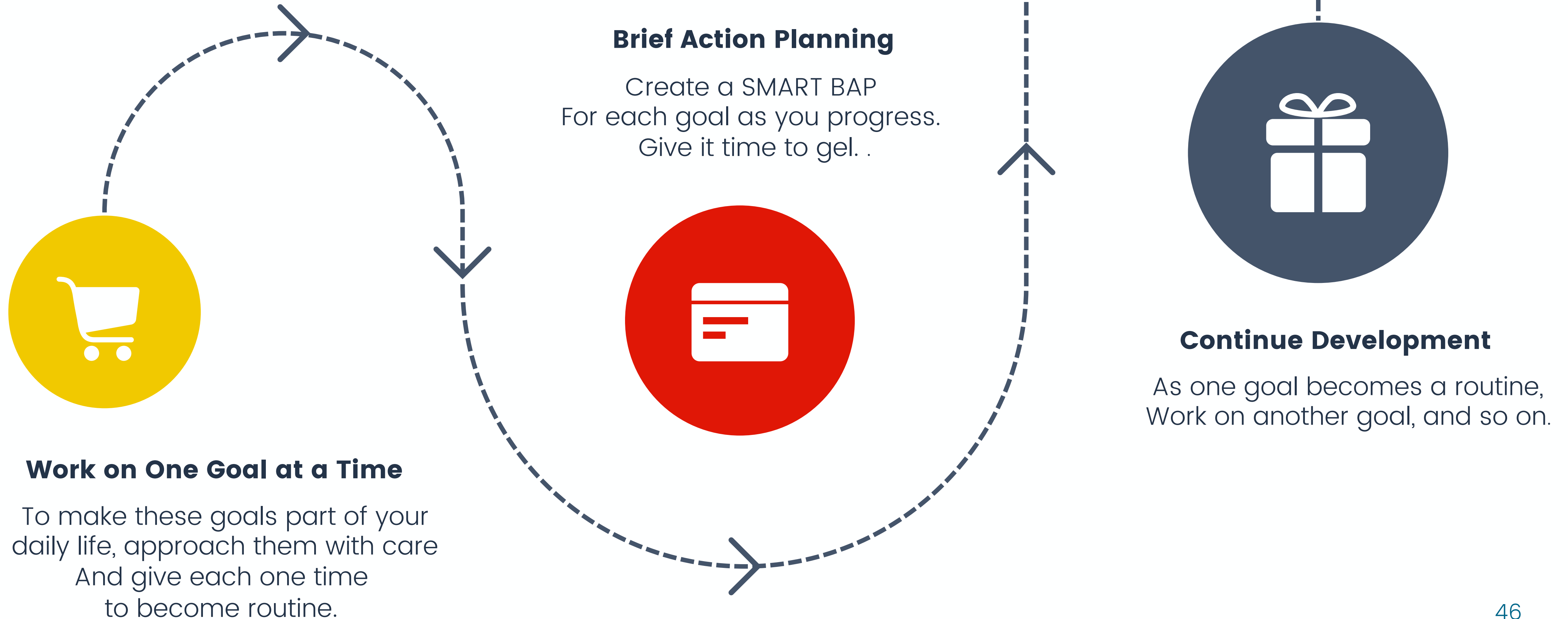
(On a scale of 0 - 10 where “0” means not confident at all and “10” means very confident).

If you do not give it a score of 7 or more, modify your plan until you are confident you can do it.

Make a date with yourself to check in on your plan: I will review my plan by _____.

Proceed One Step at a Time

Approach Your Goals Deliberately and Mindfully



References

Broad, W. (2014). *The Essential Career Organisation Toolkit*. <https://www.jobs.ac.uk/careers-advice/resources/ebooks-and-toolkits/the-essential-career-organisation-toolkit>

Broad, W. (2014). *The 5 Minute Career Action Plan*. <https://www.jobs.ac.uk/careers-advice/resources/ebooks-and-toolkits/the-5-minute-career-action-plan>

Cole S, Gutnick D, Davis C, Reims K. *Brief Action Planning*, Centre for Comprehensive Motivational Interventions, <https://centrecmi.ca/brief-action-planning/#1502747768234-1ae9be65-e53a>

IMS Institute for Healthcare Informatics (2013). *Patient Apps for Improved Healthcare From Novelty to Mainstream*. October, 2013. IMS Institute Report.

Sheridan, C. (2016). *The Mindful Nurse – Using the Power of Mindfulness and Compassion to Help You Thrive in Your Work*. Ireland: Rivertime Press.

The Economist. (2015). *Power to the patient: How mobile technology is transforming healthcare*. A report from The Economist Intelligence Unit. Author: New York.

PowerPoint and Handouts can be accessed at:

<https://ln.sync.com/dl/63aec30a0/fmeseek6-xm8bztrb-niet7tv2-8xsrkrzf>

thankyou

June Kaminski June.Kaminski@kpu.ca

Twitter: junek **Web: <http://nursing-informatics.com>**