

The Nurse Becoming Podcast #121 - Becoming a Nurse Podcaste...

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SPEAKERS

Amanda Guarniere, Dr. Sandra Pagenta

D Dr. Sandra Pagenta 00:00

A Amanda Guarniere
Dr. Sandra Pagenta, welcome to the Nurse Becoming Podcast!

D Dr. Sandra Pagenta 00:39
Hi! Thank you so much, Amanda, for having me. This is a total blast.

A Amanda Guarniere
Yeah, I'm excited to turn the tables. I was on your show a few months ago. And I'm excited to chat with you put you in the hot seat. You're usually the one interviewing so it's fun to switch it up a little bit.

D Dr. Sandra Pagenta 00:56
100%.

A Amanda Guarniere
So before we get into my questions for you, I'd love for you to introduce yourself. In your own words, tell us a little bit about who you are and what you do.

D

Dr. Sandra Pagenta 01:07

So my name as you said is Sandra Pagenta, or Dr. Sandra Pagenta. I am a nurse practitioner in urology. I have about six years of experience in that area. And then I am the host of The Doctor Nurse Podcast, which is my passion project, my baby. And it is kind of one of the things about my career that I've really been able to enjoy building for myself. So yes, podcast host, nurse practitioner. And then my most important roles are being the mom to Benjamin and the wife to my sweet husband. And that's kind of me in a nutshell is mama, wife and nurse practitioner podcast host by night.

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Amanda Guarniere

We are wearing similar hats that we are that we're changing all of the time, right. So I'd love for you to break down your nursing journey a little bit. You said you're an NP working in urology, I always think it's fun to kind of have you tell your origin story from a nursing perspective. So take me back to like when you became an RN, and kind of how your path unfolded from there.

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Dr. Sandra Pagenta 02:20

Yeah. So I finished my bachelor's degree in 2008 from the University of Florida, Go Gators! And I went in and just started working as a med surg nurse. And I kind of bought that, that's that line that we all buy that you've got to do med surg coming out, because you just get so much experience. And that's the place that you're really going to, you know, get your training wheels off as a baby nurse and be able to fly as a, you know, a grown grown up nurse. So I did that for about three years in oncology. And then I could tell within the first six months of being a nurse, that I needed to go back to school because it just the work was really, really tough. And I knew that long term wise, it was going to be difficult to keep up with that. So I was also experiencing some I had some issues on my first job as well as a brand new nurse. And so it just became apparent that it was time to do something more. So I decided to go back within that first year and I started my master's degree, I finished my master's degree from the University of Florida as well. So triple, I'm gonna triple a gator alum. And I finished that in 2012, and then immediately started working as a nurse practitioner. One of the things I think is pertinent to talk about when I was a nurse, and a lot of people don't like to talk about this because it's uncomfortable, and it might put them in a bad light. But I always talk about it as I made a medication error. And that was something that was really hard as a you know, a newer nurse to kind of experience at my first job. So definitely was glad to get into this practitioner role after experiencing a med error, and then all the fallout from that and just kind of realizing that personally, I had to learn that it was a it was a systems failure, more so than a personal failure. So for a nurse that's listening today that's like, Well, gosh, I made a medication error. That's it. That's it, my life is over, your life's not over. It's okay. You've just got to realize, you know, you got to just create better systems to protect people because people are people. So that's kind of one takeaway that I took from my my RN practice when I was working as a nurse. And then secondly, when I went and decided to get my nurse practitioner degree and got a job. I started working as a gastroenterology nurse practitioner, I took the first job out of the gate, was just happy to have a job and started working that job. Enjoyed it. I actually really enjoyed the people that I worked with and I was having, you know, a great fabulous time and but this calling to finish my doctoral degree is what ended up kind of drawing me back and I finished my

doctoral degree in 2016, from the University of Florida. And actually, again, kind of interestingly, at the end of that part of my career, working without my doctoral degree, I was fired from my job. So again, for the nurse that's like, this poor nurse, she's been she's had a medication error. She's been fired. That's right, I'm still alive, you're gonna be okay. So I got fired from my job. For budget issues, I did not know this, but I was still functioning in the mindset of the nurse, I'm a part of the room, right? You, I don't have to worry about generating my own income. But when you work as a nurse practitioner, you got to shift again, right, you have to shift your mindset into, "Oh, I am now an income generating, you know, provider." So you need to be paying attention to what you're bringing in. Because, again, at the end of this time, working at this job for about three years, I was fired, I was let go, because of budget issues. They didn't have any money for me and the budget, my boss pulled me into the office with tears in his eyes, I was just like, "I'm so sorry, but we just don't have the money for another nurse practitioner, we're gonna have to let you go". So it was definitely again, another learning opportunity, another moment to kind of see like, what is it that I'm able to do with my degrees, and I have the job that I've had now for six and a half years that I've enjoyed working as a urology nurse practitioner. And that brings us up to speed. So yeah, working as urology nurse practitioner, I've been able to do procedures, I've been able to work in the clinic, I've been able to work bedside, in the operating room. So it's interestingly enough, when I originally became a nurse, I wanted to work in the operating room. But because I was only, you know, as a baby nurse, they told me I couldn't because I was an inexperienced, even though I was offered the job, they just told me you probably shouldn't take that one. Because you just don't have enough experience. You're gonna get more in the med surg, but I ended up making my way back back into the ER, at the end of my career, which was kind of a full circle, Oprah moment. Just being able to really do what I enjoy. So yeah, that's where I am now. And then, like I said, with, with working at this job, and really getting to work at a really high part of my, at the top of my scope of practice, which was really cool getting to do bedside procedures. I decided with the birth of my son to go part time. And so I worked that job two days a week. And yeah, I decided to start building something for myself in the meantime, which I know we'll get into more later. But yeah, that's kind of where I am my nursing career journey in a nutshell.

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Amanda Guarniere

Awesome. I love it. So many things I didn't know about you, thank you for sharing, like, not a lot of people would be, you know, comfortable sharing things like medication errors and getting laid off. But those are all realities for a lot of people. And I think that if we don't talk about them, then, you know, we're just going to pretend that it doesn't happen. And then when it does happen to someone, they're going to feel all alone. So thank you for thank you for sharing that for sure. I want to touch on you mentioned that you went part time with the birth of your son, when was that?

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Dr. Sandra Pagenta 08:04

So that's actually really interesting. I, so I had him, you go through your pregnancy work, I think you and I have a similar experience. We worked through our pregnancies. And when I was on maternity leave, we had a had a pretty traumatic birth experience with my son. And then when it was time to come back to work, I was like, shell shocked. I think the only way I can describe it, it's just kind of dislike, I'm supposed to do why, like, I'm supposed to go care for other people. I want to care for him. Like, that's what I want to do. And so I knew that going back full

time was going to be hard, especially. Because I said, Well, who cares for him? If I don't? There's no, there's no way to double me. You know, like, I can just say, you go over there. I'm gonna stay over here like we can't. So I, I asked to go back part time. I said, "Can I come back part time?" And they said, "No, you have to come back full time or we don't want you back". So I said, Okay. Wow. I hadn't prepared myself to leave. I hadn't prepared myself financially. And so I knew that I had to go back to work. So I begged my mom, my mom's so sweet. She volunteered to take my son on the days that I on the days that I went to work, she would watch him and that was the only way I could physically get myself back. Right. I was just having a hard time. So I went back to work full time and there was a gnawing at my heart. I just said this is not feel right. Like I can't keep doing this. I'm working 10 hour days at the time. So I was up before he was up. I was coming home right when he was going to bed. I wasn't seeing him and at about the two month mark said enough is enough. I'm going to either quit my job, or I'm going to ask for part time and see if they'll honor it now, and ironically enough, the boss had changed. And it was a different boss. He was a new dad. And when I walked in the room and was like, I'm out, or I get part time, he was like, okay, part time, I'll give it to you. And so I think he knew he was just as the sleep deprived does. He understood, you know, this doesn't work. I'm full time breastfeeding. I'm working. I'm, you know, everything. It's just not atenable to keep this pace up. It was just wearing me out. And I saw that it was not going to be something I was going to be able to continue doing. So yeah, I decided that, at that very stage that I was going to go part time. And it's it's been a journey. It's definitely been ups and downs with part time. But it has been a better much better work life balance, I feel present when I'm with my son. Whereas before I did not, I was just going through the, you know, the motions of parenting.

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Amanda Guarniere

Can you elaborate more about specifically, like what your week looks like now that you've been in his part time role, kind of like, walk me through what days you go to work, and you know, what things look like for your son in those days? And what are you doing on your days off? I'd love to hear more about that, if you're willing to share?

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Dr. Sandra Pagenta 11:25

Oh, yeah, of course. So I work to 10 hour days, which was pretty incredible for him to kind of go, okay, condensed schedule. So I work Thursday, Fridays, from six in the morning until 4:30-5 o'clock in the afternoon. So they're long day still. I'm up pretty early. And then I'm there all day until I get home around 5:30-6 o'clock. So it's a pretty long day. However, my husband was able to rearrange his schedule at work. So he actually has off Thursdays. And then on Fridays, we have care in the afternoons just for my when my husband needs a little bit of coverage. So we were able to kind of finagle both of our schedules to kind of cover and overlap one another. And then my mom will pick them up for a crazy day on Friday, like it's grandma afternoon. And so we get to go and, and hang out with the grams. But then the other days I'm on right. So, you know, I say that part time nurse practitioners that we work full time jobs, because if you're a mother, you're working full time job. And then you work your second job, which is you know, the part time position that I have. And then the other days, I'm full time mommy. So I just take care of my son, I make sure that we get activities in I make sure that I create memories, right, because those are the things that I'm trying to hold on to are are the memories that I think when you look back on your life, you think that was that was the meat and potatoes of life are the things that I was doing with my son and the time that I spent with him. So I make sure to

check for the week with that. But as I was noticing in the beginning times when he would take these long stretches and these long naps. I was like, okay, everything's quiet. And then that quiet space, things began to come up. And little whispers and little moments of my soul just being like, okay, so what are we doing with this time? What are you? Can you be building something because that's, that's the problem is that you have to go back to this institution because you haven't spent this time. So that little quiet whisper started to come up in the beginning years of taking care of him on my off days. And so of course in true fashion, I answered those calls. I answered those questions like, wait, but I have a doctoral degree, why don't I have any options? Why don't I? Why am I being told because I'm part time, I'm never going to be given more opportunities at work. Is that okay? Are you okay? With that I just had to be, I just had to wrestle with my soul, in these quiet moments at home with him. So I just found that to be kind of the birth of the podcast, the birth of what ended up being, you know, a creation of relationships with other nurses, which has been pretty incredible. But I think the take home is by creating that space, and creating that schedule with Benjamin. I was able to create space for myself, even though I thought I was just, I'm creating space for him to take care of him. But what I was able to do is to create space for me to hear from what was inside of me for two to three hours a day when he would take a nap. And I could just sit alone and go like hey, how are we like before I was just running in (*inaudible*.)

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Amanda Guarniere

Yeah, no, I 100% relate to that. And and I kind of tell a similar story where there's a talk that I give occasionally about you know how to avoid how to live your career without burning out and you know, I tell my personal story about how When I went part time, I finally had space. Right? And it was in that space that I could like, listen to my self again and do things, you know, for enjoyment. And, and prior to that working full time being a parent, it was just like, constant. Like my brain was just constantly full, it was constant chatter. And that chatter was never anything about, "Hey, how are we?" You know, and, and it's, you know, so validating, to hear you have a similar experience, because Because I mean, frankly, the majority of NPs that I know, haven't had this opportunity to work part time, you know, for whatever reason. And so sometimes when I, when I tell that story, I'm like, is this landing? Do you understand what I'm trying to say? Because if you haven't experienced it, like, it can really seem a bit foreign. So, so yeah, it's really, it's really validating for me to hear you say that, because that's when I started to, you know, figure out who I was, and what I wanted to do with, with not just my career, but my whole entire life. And that's, you know, when those whispers for me started to about, you know, going down the business route, and something that you said that I wrote down, because I thought it was so powerful, and that I've never really considered is you said, you know, that "because you're part time, you'll never be given more opportunities at work". And I never really thought about it like that. But I think you're right, you know, for those of us who make this choice to not be a full time working person, you know, there's so much opportunity cost and so much that we're giving up in terms of career success, because those types of opportunities aren't given to people who are only there half the time.

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Dr. Sandra Pagenta 16:59

Yes, 100%, I was actually told that verbatim. So once you hear it out loud from someone, you're just like, whoa, and you have to go home and again, wrestle with that, you know, and it was, it was bold, and it was probably not very appropriate. But it was what it was. And so I gave you

the chance to sit and go, "So what does that mean for your career?" Like, that just means that because I'm prioritizing this, now, I will lose this. But is that true? Is that true, Amanda? And that's the wrestling that I had to do for myself. And thank you for sharing about that. Because again, I think that's why we've connected so much you and I is because we're both like, I see you. And I feel like as you were describing where you were, it's like that game Whack a Mole game as a kid where you didn't get you just like whack those little like, like mole rats, you know, that's how it feels. Like you don't have time to like, even check in with yourself. You're just you're just whacking rats.

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Amanda Guarniere

Yeah. It's so true. And, and to be honest, sometimes I feel that way now. And you know, right now, my life personally looks like, you know, I work for myself and my business three days a week, which is now turning into two days a week, because one day a week, I'm going back into the clinic, as we just talked about a little bit before we hit record. And those other days, you know, I'm full time mom for the three year old who's still home and granted, my older two are in school. But there's still so much coordination and responsibility that falls into my domain because I'm the flexible schedule parent. Right? Like all the school activities, all the drop offs and pickups, you know, because I don't work for somebody else. And I'm not you know, beholden to somebody else's schedule, you know, that falls to me. And part of that is by design, right? I, I wanted it that way. But it's still can feel that I'm torn in a million different directions all the time. And so I have to be really intentional about creating the space and then actually doing something good in that space to check in with myself as opposed to, you know, disconnecting or dissociating.

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Dr. Sandra Pagenta 19:24

Yeah, you know, it's so funny now that I'm in this seat, I still want to ask you more questions. And so I'm like, okay, but wait, I mean, to tell me how. myself back. This is not the space. That is so the struggle, right and now in a different way, as I'm creating podcasts and doing other things to help monetize, you know, when I'm doing I do find that I'm constantly thinking about it. I'm constantly like, "Okay, I gotta do that..." "And again, it doesn't turn off. You know, the work, the work is not the part that turns off. It really doesn't you end up you know, filling it with your business, if that's what you decide to do on your off time. I also don't think it's anything. I don't think there's anything wrong with just being a part time nurse practitioner and being a mom, like you don't have to answer the call of creating something for yourself. Just because you know, you're doing these things because that that work is sufficient in and of itself. I don't want to put that in like a light of like, well, if you're sitting at home, you need to be doing something. It's like, Oh, if you want to do that, that might be what your calls your your heart says to you like, okay, the calling is like, you just need to sit for a while. That's okay. So just chill. Like, that's good. I don't know.

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Amanda Guarniere

Yeah, I, I completely agree with you. I think it's important that, you know, we honor and validate anyone's choice in terms of what they decide to do professionally. For some people, that means being a stay at home parent for a bit of time, and stepping away from work

completely in. And for some, it might be, you know, part time, whatever. And for full time, like, more power to the people who are able to be full time working parents, because, you know, I wasn't cut out for it.

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Dr. Sandra Pagenta 21:08

Yes, same.

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Amanda Guarniere

So I want to talk more about the Doctor Nurse Podcast and kind of your foray into entrepreneurship working for yourself. Like, how, how have things gone so far? Like, what are we doing these days?

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Dr. Sandra Pagenta 21:25

Yeah. So um, man, I, I've been able to, I think the biggest thing I've been able to glean from my time on the podcast has been relationships, and hearing the stories of other nurses that also went through this, "What am I doing with my life? What do I want to do? What do I want to create?" and that's kind of the podcast, like soul of the podcast is just, "Hey, listen, nurse, like, you can be good at a lot of things away from the bedside, you don't have to work at the bedside, if you don't want to." So that's kind of the birth of the podcast and kind of what I've been trying to showcase is just different ideas and things that people have thought about, because I want people to know what the left hand and what the right hand to know what the left hand is doing. And a lot of Nurse Practitioner jobs are hidden. You don't know that there are actual jobs that you can do. Yeah. So I'm just going out and finding these people. I'm like, What are you doing? That's crazy. Get on my podcast. You know, like, that's what I'm trying to build. So that in itself is a lot of work. Just finding those, having those conversations, finding those people. And then also finding sponsorships for the podcast. So that's kind of what I've been working on. The majority of my time is getting people to just go like, "Yeah, this is really valuable content. Let me support you, as you put this time and energy and money into the podcast." And so I mean, you don't really want to talk about that, like, oh, no, it's free. It's not free like this is it takes a lot of work and time to build a podcast, which I love doing. But it's also nice to know that the podcast is helping to sustain itself. And so that's been kind of the goal of what I've been doing currently, and then creating relationships with other players in this space to create content. And so yeah, I have some things coming down the pipeline, with different relationships from my network that I've been able to build as I've been working my podcast. And so one of the things I always like to talk about, is that I believe that all work is fruitful. All work is something that ends up bringing a profit. And so for the nurse, that's like, wait a minute, but like, I if I start something now, like it's not going to bring me in anything, well, you don't plant a seed and expect to have fruit the next day, right? Like, there's a time frame that things grow. You don't get pregnant and then expect to have the baby the next day. You're like, no, it's gonna take nine months. Like I've got to give it its time. And so that's the thing that I, you know, first was when I was building the podcast, I just thought like, okay, all toil is fruitful. And there's a scripture that talks about that. And I just relied on that scripture and believed on that scripture in Proverbs, and I was like, okay, that's okay, I just gotta keep working, I gotta keep working. And then all of a sudden, things started happening. And it didn't happen the next

day, it took a year, year and a half, and it took time. And that was when the baby was born, right, like, that little bit of time to get there. And so you've got to trust that but if you never plant the seed, that's one of the things I want nurses to hear as well. If you never plant the seed, the baby will never come, the fruit will never come. And so you've just got to you've got to do the work. So yeah, so that's kind of where I've been kind of working in this space. And then I'm actually launching my Etsy shop with a girlfriend of mine. She's a super good digital, like creative digital designer. So yeah, she designs things on Etsy, and her and I have partnered up to create content for nurses. Super cute nursing mom content, and we're going to be having calendars come out with for nurse practitioners. So hopefully when the time this airs it will be up on our Etsy shop and you can purchase it because one of the things you have to do as a new mom, and just as a mom and as a nurse practitioner and part time full time, whatever it is, is stay organized. I don't know about you, Amanda. But I have a planner. I've had to have a planner since sixth grade.

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Amanda Guarniere

Yes. Yeah. I mean, I've moved, I've moved almost 100% digital now, which I thought I would never do. Like, I can't believe it's been more than like, I don't have an actual physical planner this year. I think it's like the first year I don't. But yeah, I mean, yeah, all day, every day, especially, you know, when I was working more in clinic, it was just, you know, had to take the book everywhere.

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Dr. Sandra Pagenta 25:49

Yes, exactly. No, that's exactly where I've been. So yeah, we decided to go ahead and just build a digital planner that's really kind of specialized to that niche. And so yeah, that'll be out on our Etsy shop. And you can purchase it and just little cutesy things that you're like, Oh, that's cute, like emergency phone numbers. And like little things that we've put together to kind of yeah, we've we've been building this. So we're hoping that that'll launch out and that, again, can kind of reach that that a group of people that are kind of like overseeing and they don't really get a lot of stuff tailored to them. So we're deciding to make stuff. So yeah, So yeah, that's kind of how we've what I've been developing is just podcast, podcast guest in sponsorships, and then just creating more things with more nurses and nursing companies, hopefully, roll out more stuff.

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Amanda Guarniere

I love it. So would you say you know that your professional goals overall, like how have they evolved? If, if they have at all since you've listened to the calling and, you know, gone into the podcasting world? I'd love to hear more about that. I'm fun. I can't wait. We'll get we'll make sure we get the link so that we can have it in the show notes here when the episode airs.

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Dr. Sandra Pagenta 27:11

Yeah. Entrepreneurship has basically turned me into a person that's that used to see problems. And now I see solutions. So I used to go from someone that was like, "Oh, this is gonna be a problem" to now like, "Okay, how do we turn this into something that is an opportunity?" And

problem to how like, "Okay, how do we turn this into something that is an opportunity?" And that I've had to really work on my mindset. And it's been the most limiting part of growth, right? It's just how much do I see things as problems versus solutions? Growing? Yeah, that abundance mindset, right? So I think a lot of what I think over time that I've done is I've been thinking, oh, there's a scarcity mindset. There's, there's not any opportunities. You know, I, I just thought, like, I was very limited. And again, through that, that little quiet time, that quiet space that I did for a period of time, I began to dive into books, Dale Carnegie, Stephen Covey, Brian Tracy, all these great minds and great thinkers, and I just spent a lot of time learning how do you create what you want in life? And how do you find that calling for your life? And what does that look like? Because I believe we all have a calling, there's no never going to be another you. There's never going to be another Amanda, that is able to do resumes quite like you. And that's for each of us. We each have that calling on our life. And so that's been the thing that I've been trying to cultivate more and more, personally for myself is "Sandra, what is it that you were meant to do?" Because I don't want to leave this earth until I've been able to do those things. And I've been able to really step into those areas and go, I did that. And I did that well. And that was something that I was meant to do. And that might change, you know, as you move on through your career. But it was just that awareness, I want to be more aware. And so that's the growth and the personal, the personal, the personal growth, I really want for myself, over this time period. And again, like this has got nothing to do with my color, my hair color and my race. This is just something that as you step into this space, you begin to realize that I get to determine how high I go, I don't have to worry that this job won't give me this opportunity. Sandra you go find that opportunity because they're everywhere. And again, taking away that scarcity mindset of Oh, because I'm part time I'm not worth much. No. I actually don't have space to create Thank you. I've gotten I've got more ability to do the things that I feel called to do. So this was actually not a problem. This was an this was an opportunity for me to go on to To the things that I feel called to do. So just create, you know, creating that mindset has been probably the biggest goal and the biggest area that I really have been working on, and I really want to see more growth in, as well as growing these other opportunities.

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Amanda Guarniere

I love that so much. I really agree with you that the mindset piece, I mean, for me, I feel like the mindset can be the kind of the biggest challenge and the biggest opportunity in this whole, you know, entrepreneurship world, I'm not sure if you would feel the same, but like, I It's almost the the power and responsibility of being in control and being in the driver's seat is is like, a mindset, mess in and of itself, right? Like that can be such a hurdle to overcome and, and, you know, not feel like you're putting so much pressure on yourself, when you say, Okay, I'm in charge of this, the success of this opportunity, like it's the biggest opportunity, but can also be the biggest hurdle. I don't know if that resonates with you at all, I'd love to hear what you feel like your biggest challenge has been?

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Dr. Sandra Pagenta 31:08

Oh, yeah, that's exactly what I wrote. I mean, I just wrote, it's been my mindset, right. So just as much as it's been, you know, being able to change and see problems, to solutions to see problems as opportunities, it's been the mindset of, you know, constantly bathing my mind and not getting defeated, or feeling like I can't do it, or just that I don't belong, or I don't have it, I'm gonna run out of things to create, again, that scarcity, I'm gonna run out of things to create, I'm

going to run out of, you know, there's not enough, I'm going to think of this and then something else won't come up. And you just have to again, just truly go through and constantly remind myself that, you know, for so many nurse practitioners, like Sarah Michelle, Latrina Walden, all these all these nurse practitioners are nurses and nurse practitioners that have just been able to find a niche, find something that they love and pursue it. It does inspire you to just go like, no, I need to change my mindset, like they had this mindset, they see these things and not that they don't struggle with the things that we're all struggling with. But they just choose to constantly renew their mind to constantly capture those negative thoughts, and replace them with positive things. And that's been one of the things that again, like I just focus in on whatever is honorable, whatever is pure, whatever is excellent. Think about these things. And if the God of the universe tells me that I'm supposed to be thinking on things that are positive and uplifting, and I need to capture my thoughts, and I need to make sure that the things are going through my mind are in line with the kind of life that I want, then that is a daily daily thing, you don't bathe one time and expect to be clean for the week.

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Amanda Guarniere

It's a great analogy.

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Dr. Sandra Pagenta 32:56

I've got to just do that work every day. That's the challenging part is the voices and the things that we have to fight inside of our minds.

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Amanda Guarniere

Yeah, for sure. Well, powerful stuff. We are kind of nearing the end of our time together. Before I have you share, you know about where people can find you, connect with you, listen to you. I'd love to know, like, do you have any big dreams, big goals that you want to speak out into the universe? I think that, you know, I, I have started asking this question. Because, you know, I think that when we say things out loud, and when we write things down, they're so much more likely to happen, you know? So this is your opportunity to say out loud, any big, big goals or dreams for yourself?

D

Dr. Sandra Pagenta 33:51

Yeah, no, I love that. I love that whole theory of just speaking because I know that words have power. And once you say them out loud, and you put them out there, it's like, Alright, let's see if you know, heard about the law of attraction, like those things begin to come to you. Right? So positive and negative. So if I could have big dreams or goals, you know, when you set them, they say they should be really scary. Like, if you ever, like if you've set a goal, like set it to be kind of scary, where you're like, oh my gosh, like that's kind of nuts. So I felt like when I looked at this question, and I was thinking about it, I was like, All right. So my big scary dream goal for my career would be to help nurses so that they felt so informed and empowered, that when they were working, that they were working jobs that they loved, that they would be savvy enough financially and have an understanding of how to build wealth so that none of us would

retire burned out with broken backs, or financially destitute. That's my number one goal for nurses. And that's what I've been wanting for the podcast. And that's why I pump out all this free information because I'm just like, I want you to hear what you can do and never settle. Don't settle. Don't let don't don't settle on, you know how I can't ever have that or no one's doing with that, or I'm crazy. No, like, listen to these nurses that are going for it. They're just doing the things that bring them joy and how you can marry your nursing skills with because your nursing skills take you into so many, there's so applicable to so many areas of life, where you can intersect that with a passion and grow something that you actually truly are passionate about. And if that is your job at the institution, fabulous, do that. But if it's also making T shirts, because I have a nurse come on, and she loves to make NICU T shirts and different little, you know, screen designs. That's what she loves to do. And she's like, it's giving me such freedom. I still work in the hospitals and NICU nurse, I love it. I don't have to work as much. And so she doesn't get burnt out because she just works what she needs to and she lets her other thing that she enjoys to do, do enjoys doing supplement. And so that's kind of what I want. I want to see that for more nurses because I hate seeing nurses that are just tired and burned out. And so I just wanted to create this crazy goal of like, what if none of us were there? What if, you know, we all felt this way about our careers because I think we have truly incredible careers. And yeah, I think that's kind of the crux of it. It kind of sounds like a World Peace statement. Like I just want world peace.

A

Amanda Guarniere

No, I love it. I cosign, I cosign that goal 100%. I think, yeah, you're you're on the right track. And it's such a joy, to know you and speak to you. Tell the good listeners where they can connect with you, learn from you, hear from you.

D

Dr. Sandra Pagenta 36:45

Okay, so I am on Instagram most actively. I'm on Facebook and TikTok, I'm not as active on those channels, just because it just gets to me. I think you just recently went through a social media break, if I remember, so super inspiring, actually, to see you do that, because it does make you kind of go like, man, there's just so much you know, to, to do on all these different platforms, especially if you're a solopreneur like me with that team. So you really have to, you know, crank. So yeah, on those platforms, of course, and you can find me on my website, you can email me. So my website is doctornursepodcast.com. And you can email me at doctornursepodcast@gmail.com. If you have like, "Hey, Sandra, I really want to hear from a nurse that's a circus clown" or something crazy. and I'll see if I can find a nurse maybe doing something like that.

A

Amanda Guarniere

I'm sending you that email later today. I really want to find a nurse, who's also a circus clown. That's awesome.

D

Dr. Sandra Pagenta 37:50

So things like that that you're interested in check out the podcast anywhere get your stream

So things like that, that you're interested in, check out the podcast anywhere, get your stream podcast, because I'm there. And yeah, the only thing I also wanted to say was, you know, going back to that goals question that you brought up, I just, I just thought about this. And I was thinking like, just to be more present in my life and not be so distracted is something that just keeps coming back up. Because I think that is, again, going back to that social media break that you took, and just how much is pulling on us. That's just another one of those world peace goals that I have of just Sandra, just being in the moment living in that moment with your son, your husband, whatever it is that you're doing, just being super present. There's probably my two, the two lofty goals that I had. But I wanted to put that in there because I was thinking about just again, all the social media work that you do and all this stuff just pulling, pulling, pulling. And so again, my goal is just to be super present. And just hey, I'm here right now, let me just tune in to what's going on. And yeah, I don't know. It's kind of something else I wanted to add. Sorry.

A

Amanda Guarniere

I love that for you. I love that journey for you. It has been such a joy, I will make sure that all those links are in the show notes. So wherever you're listening to this episode, you can tap over to the Show Notes tab over to the Doctor Nurse Podcast. You can actually do that before you click away because you're in your podcast player right now. And Sandra is a wonderful, wonderful voice to hear in your ears every week. So thank you so much, my friend. It's been a pleasure talking to you.

D

Dr. Sandra Pagenta 39:26

Thank you, Amanda.