

Nurse Becoming Ep.091 Women's Day/Week Feature - Recap Round...

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SPEAKERS

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Hello, friend! Welcome back to the Nurse Becoming Podcast. It's your host, Amanda Guarniere. So happy to have you listening today. Thank you for spending this time with me. And if you're listening in real time on the day that this episode releases, Happy International Women's Day! March 8th is a global day celebrating the social, economic, cultural and political achievements of women. So it seemed only fitting that today's episode should also have that theme. I first heard about International Women's Day when I was studying abroad in Italy, in 2006. As an undergraduate college student, it was the spring semester of my junior year in college, and maybe it was 2007. Now that I think about it, regardless, I had never heard of this holiday or the celebration before and it was March of the spring semester. And all of a sudden, I started hearing chatter around town about la festa della donna, which is the the day of the woman. And in Italy, they have this, you know, this big celebration, and it's marked by these particular yellow flowers. And all the men give women these yellow flowers and have all you know all this hoopla around around women, it's it's almost akin to their Valentine's Day, right. And it was fun. It wasn't any sort of romantic thing while we were there. But it was really interesting to see how a different country and a different culture celebrated women. And that was honestly the first time I had ever heard of this day. And I feel like over the years, particularly over the past five to 10 years, I feel like this celebration has gained some more notoriety and popularity here in the United States. Or maybe it was always popular. And I was just oblivious to oblivious to it until this this part of my life, who knows. But I always like to reflect on the day when it happens and and kind of see what's going on in communities and around the world and, and the action that stems from this day. And so I thought it would be really only fitting to mark this day on the podcast by celebrating and featuring the women that we've had here on the show. So in the past 90 or so episodes of the podcast, we've actually featured more than 30 women interviews. So I actually, you know, when I came up with the idea of the episode that we were going to do today, I thought, oh, I'll just I'll recap all the episodes that we've done, where we've interviewed women and do a bit of a roundup and I was going to talk about all of them. And then when I went to outline the episode, I realized that there are more than 30 episodes that we've had, that we've interviewed these fantastic women. So I realized that I probably couldn't round them all up in the episode because it would take me close to an hour and then it wouldn't give you

time to actually go back and listen to the ones that maybe you haven't heard before, which is really the whole purpose of the roundup today, especially if you're a newer listener, some of these interviews go back to the very, very beginning. And I know when you subscribe to a podcast, you know it shows up in your feed from the newest episode back. So unless you've intentionally gone to the beginning of the podcast back in July 2020, there may be some episodes that you aren't familiar with. So, what I did was I went through our our podcast chart that we keep track of and I picked out the ones that have been the most impactful in the most popular episodes where I've interviewed a woman or more than one woman. And I wanted to just tell you about those episodes, so that you can go back and listen to these. And in the shownotes I'm hoping that we'll actually have links to all the episodes in the past where we've interviewed women. That way, if there's another topic that appeals to you, you have kind of this one, one place where you can go to to scan through those interview titles and see which one which one strikes your fancy so to speak. So I am going to tell you about let's see how many do I have on my list? I have six episodes that I'm going to tell you about or rather six women who have been on the show and I'm going to tell you about their their episodes. So the first person I want to talk to you about is Monica Carter. She is also known as Monica the MP on Instagram. She's a family nurse practitioner and she is the founder of the Compensation Course she talks all about nurse practitioner compensation and negotiation, and how to leverage for your worth and all these wonderful conversations around around money and value as an NP and in episode number 13, "Negotiate Your NP Contract Like a Boss", Monica and I talk about all about negotiation. And I just love Monica as a person, as an NP and especially as a thought leader in this space. So if you have not listened to that episode, definitely go back and listen to it. It's, it's in our top five downloaded episodes of all time, not surprisingly, at all. So that's your first, your first one to go and listen to number 13. And you can go back in the podcast app where you're listening to find these. Or if you wanted to see the the webpage that I have for each one, it's just theresumerx.com/and, then 013. So that's kind of the the numbering convention. If you if I say the number of an episode, just take the three digits. So we haven't reached 100 episodes yet. So they're all going to start with a zero. So 13 is 013 the [resume rx.com/ 013](https://theresumerx.com/013). The next one I'm going to tell you about the next person I'm going to tell you about is Liz Rohr. She's also known as Real World, NP. And Liz, I have talked on the podcast a few times in particularly episode number 11, and episode number 34. Now episode number 34, we talked about what to do when you hate your nurse practitioner job. Or let me find the exact title for you. It is, "I Hate My NP Job. Now What?" and that was a really fun conversation to have with Liz, because, you know, we have both seen and talked with NPs... both of our audiences have a lot of newer nurse practitioners in them... And and we hear this a lot. "You know, I, I made a big mistake. I hate my job. I hate the role." So we really wanted to kind of break down what that could mean, and then where to go from there. And in Episode 11, we talked about mentorship and support. And I think that is also a really great episode where we just kind of talk about what it means to be new, how to get support when you're new. And in particular, what does it mean to be a mentor to find a mentor to work with a mentor? So those are Liz's episodes number 11 and number 34. Now next I want to tell you about Andrea DalZell. And Andrea is also known as The Seated Nurse. And Andrea went on 100 interviews before she got her nursing position. And the title of her episode, which is episode number 20, by the way is "Lessons Learned After 100 Interviews". I had a really great time talking to Andrea about basically what she learned after 100 interviews and it's a very interesting conversation. Andrea uses a wheelchair and has a physical disability and really encountered some challenges as a result of that particularly in this process. So we kind of unpack not only what it is like to be a nurse with a disability, but also the bias that she faced in this process and her lessons learned, her, you know, challenges overcome and ultimately, you know, the path that got her to where she is today. That's episode number 20 with Andrea DalZell. Now next I want to tell you about the episode with Irnise Williams, also known as Your Nurse Lawyer. And that is episode 37. And the title is,

"@YourNurseLawyer Answers Your Legal Questions". And I just love Irnise, I could say so many wonderful things about her. Irnise is a registered nurse turned attorney and really has some amazing perspectives to share at the intersection of both of those roles that she has held simultaneously. Really, she's kind of pivoted more towards primarily legal work at this point she helps nurses and nurse practitioners who are opening businesses. So she serves as legal consultant and legal counsel in those scenarios. But it was not too long ago that she was also working at the bedside particularly during COVID. So Irnise just has a wonderful personal story to share and then her wisdom in the legal world for nurses and NPS is phenomenal. So I loved loved love this episode! I loved I love following Irnise online and I know you will too. So that's number 37, Irnise Williams, "@YourNurseLawyer Answers Your Legal Questions". Okay, next is number 51 with Dr. Ashley Klevens Hayes. Ashley is a pharmacist and also a career coach, particularly an interview prep coach. Now, this episode is also in the top five of downloads of all time on the podcast. It is a wonderful, wonderful episode that really goes through, I think we covered five steps, the title is "Becoming An Interview Pro, with Ashley Klevens Hayes". And we went through, I think, five steps or five mistakes. There was some sort of five big takeaways in this episode, when it comes to preparing for interviews. And Ashley and I have been connected for a while pretty much since the start of my business in 2018. And she continues to be such a great wealth of, of information for, for me and also for my community when it comes to interviewing. And I have referred many, many a person to her for one on one interview prep. So that's number 51. "Becoming an Interview Pro with Ashley Klevens Hayes". Next, and the last one that we'll talk about here in this episode is number 52. And that is my episode with Nurse Liz. It's called, "Becoming a Parent and NP with Nurse Liz". And first of all, who doesn't love Nurse Liz? Second of all, I loved this conversation because we really got into kind of the raw and real reality of parenting and becoming a parent and for Liz in particular, becoming a parent while also becoming an NP because she was pregnant and had her first child during NP school. And I think that that perspective is super valuable and very relevant to a lot of people. You know, we as nurse practitioners, if you are someone who goes into NP school, on the earlier side of your career, as opposed to after like many, many, many years, I find that many of us tend to be either going to school or newly graduated from school during our reproductive years. So this whole kind of intersection of parenting, young parenting, right parenting of young kids, and being an NP is is very relevant and very timely for many people. And I really enjoyed that that episode with Liz and you know, Liz will always tell it, tell it like it is. And that's exactly what she did in that episode number 52 "Becoming a Parent and NP with Nurse Liz". So I really hope that you have the opportunity today, or soon in the near future to maybe pick one of these episodes, or head to the show notes to see the list of all the episodes that we've done, where we've interviewed these wonderful women who are, you know, in my, in my network and in my circle, because they really deserve the recognition and deserve the opportunity to have their stories heard. Especially, you know, during this this day, this week, this month, where we like to celebrate women. So that's the reason for the short and sweet episode today; leaving you time to go back to listen to another episode and to also reflect on what International Women's Day means to you and how you will celebrate it, if at all, in your life and in the lives of the other women that you know. So until next time, I will of course see you again next week, and I hope you have a wonderful week. Bye!