

# Inspirational!

# Motivational!

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**Pat Farrell**, RN, MSN, CPVA  
*National Motivational Speaker  
& Life Coach*

Too often, we get caught up in the day to day schedule and tasks to perform. It is then that we lose our motivation and begin to question our purpose in our work and in our lives.

Pat Farrell has inspired thousands of people who work within healthcare to reconnect with their mission and purpose. Her ability to help others uncover their unique gifts and rediscover their passions can supercharge your organizations energy and vigor! Pat's presentations are filled with real life stories that her listeners can recognize and identify within areas of their own lives. Each story touches the soul of her audiences often leaving them laughing one minute and tearful the next.

### **Areas of Expertise**

Finding and Fulfilling Your Life's Purpose

Refilling Your Cup of Compassion: Combating Compassion Fatigue

Finding Balance when Your Work is Your Life

Caring Enough to Confront: Ending Lateral Violence

### **Connect – Encourage – Empower**

*Too often in healthcare, we are overwhelmed with the day to day pressures and forget the reason we chose the medical field in the first place. Designed to reconnect with the power and possibilities of our profession, this program is sure to get you back in motion.*

### **Stop the Bleed – Ending Nursing Violence**

*For far too long – nurses have accepted and endured a less than acceptable workplace environment. This presentation gets to the heart of the problem – lack of self-esteem and an environment of negativity. Methods of self-discovery and individual empowerment will be shared. Participants will be inspired to make a difference not only in themselves but with their colleagues.*

### **Take Charge of Your Life**

*Finding balance in today's world is key to the discovery of true peace and joy. This program provides enthusiasm and motivation for living each day with renewed faith, hope and purpose.*

### **Refilling the Cup of Compassion**

*Working in healthcare is a chosen profession. We give so much because we care so much. Caring for patients and their families is part of our purpose and one that we live on a daily basis. How do we refresh ourselves so that we can continue to live our mission? This program will offer tips and avenues to nurture our inner selves and remain refreshed and focused on our journey.*



## About Pat

I came to realize that it is in times of isolation and stillness that God can speak to you. While I had always loved to teach throughout my nursing career, I didn't feel that it was "enough." I kept saying to myself, "There must be more to life than this." Through my search, I came across a life coach on television and as I heard her speak, I knew that was the profession for me.

Today, I spend my time presenting keynote and break out presentations, engaging in personal coaching, designing spiritual and nursing retreats and revivals, organizing workshops for individuals and organizations and working with women recovering from the loss of a loved one through death or divorce. I speak from the heart to women and men in an effort to help them understand the power they hold to change their life and the lives of so many others. There is no meeting by coincidence and there are incredible opportunities for us to share and grow.



## Testimonials

*"Pat, what you do is important and life-changing! Keep it up as this is your calling. Thank you for helping us "turn the curve" and move forward to changing the culture at our organization."*

**Cindy A. Nichols MSN, RN, Chief Executive Officer, Lakeland Community Hospital**

*"Pat Farrell is THE MOST dynamic, engaging, effective speaker I have ever had the pleasure of meeting. She has insight into the human spirit and is able to draw in the listener through her real life examples. I can tell you that Pat Farrell is an investment in your employees that you can't afford to pass up! The growth I have seen in my management group pays dividends not measured with dollar signs."*

**Tiffany R. Keys, RN, BSN, MBA, Chief Nursing Officer, Eliza Coffee Memorial Hospital**

*"After hearing Pat today, I was reminded that we all have an obligation especially as women, to be true to ourselves and to find the courage to make a difference. I have been inspired to make the necessary changes to touch the lives of those closest to me and of those whom I've yet to meet."*

**Cathy Sporrer, Regional Sales Manager, Medela, Inc.**

Call for availability and  
booking information:

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