

synova *Spotlight*

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This past year I needed to learn more about how to improve our hospital engagement scores. I received so many ideas and tactics . . . We are on a Magnet journey and this was a high priority!

1. **Why do you choose to attend the PLF? And, what makes it different from other conferences?** I choose to attend PLF each year because it allows me the opportunity to network with others who share my same challenges and successes.

2. **What do you gain from attending?** I learn something new each year and have implemented many of these strategies...whether it's related to bullying/lateral violence, mentoring, patient satisfaction, staffing challenges, or stress management. I could go on and on...

3. **How does what you learn impact your work?** This past year I needed to learn more about how to improve our hospital engagement scores. I received so many ideas and tactics. We implemented several of them and, as a result, our surveys were fantastic this past spring! Our engagement scores were up significantly and I know that it was related to these efforts. We are on our Magnet journey and this was a high priority!

4. **What are the top three things you should focus on as a new nurse leader?** My top three would definitely include communication skills, prioritizing, and stress management. Being a leader is tough and when a new leader rises from the ranks they are often unprepared for the never ending "To Do" list. Especially if they were a clinical person who was used to handing off their assignment at the end of each day.

5. **When you have a stressful day, what do you do to relax and rejuvenate?** I love to walk my dog, mow the lawn, or do some type of exercise. My faith is very important to me and I also enjoy music and spending time with family and friends. Work life balance has to be a purposeful goal in our fast-paced lives as nurse leaders.

6. **Are there any new apps or other technology that you can recommend that help you do your job more effectively?** I'm not aware of anything new at the moment but now you've given me a great question to ask at the next PLF!



Linnette with her dynamic leadership team.



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