



# Jane Kinnear

## JANEKINNEAR.COM

### ABOUT THE FOUNDER

Affectionately known as 'Nurse Jane', Jane Kinnear has built a reputation as a passionate advocate for self-care for healthcare professionals, facilitating wellbeing programs across Australia and beyond.

As an experienced motivational speaker in the healthcare industry, Jane offers your participants practical solutions to their most challenging issues. With a warm, engaging, fun and down to earth approach, Jane's insights empower nurses and healthcare workers to achieve greater wellbeing. She'll entertain your audience while teaching practical and effective self-care techniques.

A survey, of over 5000 nurses revealed that more than 50% experience stress on a daily basis, and that they rate their own health between average and poor. The real issue is that the standard of patient care is directly linked to the state of wellbeing of the staff who are giving that care.

When care givers are subjected to constant pressure, time constraints, and debilitating fatigue, their ability to function well is at great risk. It's proven that the standard of patient care is directly linked to state of wellbeing of the people who are giving that care.

As a registered nurse for over 30 years, Jane knows only too well the real challenges that organisations and health care workers face. Her real-life experience has given Jane the ability to develop and deliver an effective health care wellbeing model, her highly respected and valued WellNurse Program.

Jane will provide your attendees with the right strategies, practical tools and the best wellbeing techniques available...and teach them how to use these skills effectively. They'll learn how to de-stress, recharge and re-gain an optimal state of professional wellbeing, in minutes, improving not only their own lives, but their ability to care for others.

Jane's message is clear. Enhancing the wellbeing of health care professionals is critical in guaranteeing patient safety and quality of care.

Using interaction and real-life examples, Jane actively engages audiences in a respectful, inclusive manner that any diverse group can easily relate to. Jane motivates people to think differently, she shifts perspectives and inspires new behavior, with a powerful messages that ripples out affecting change for years to come.

If you're looking for a motivational speaker who will make a real and lasting difference for your participants, along with the patients they care for, book Jane and make your next event a huge success.

**"I was introduced to the Siramarti Process by Jane when looking for another way of working with our participants. I quickly found I experienced the benefits of the Process. With an open mind and a willingness to practice the simple exercises I saw my perspective of life's challenges change for the better."**

March 2014

Glenn Taylor | CEO Nursing Midwifery Health Program Victoria

### CONTACT

0412 999 882

jane@janekinnear.com

www.janekinnear.com

### KEYNOTE TOPICS

- Self-Care for Healthcare Strategies
- How to Stay Calm & Confident at Work
- Practical & Quick Stress Relief Techniques for Healthcare Professionals
- How to Improve Work Relationships in the Healthcare Environment
- How to Manage Compassion Fatigue

"Jane delivered an introductory workshop when I was CEO of Lorne Hospital, which led to a 4 week program for our Staff health and wellbeing program. The participants found the program very useful and effective in decreasing their negative patterns using the simple techniques that Jane shared with them. Jane is a pleasure to work with and an inspiring facilitator."

Kate Gillan | Chief Nursing & Midwifery Officer at Barwon Health

### BOOK JANE

0412 999 882

jane@janekinnear.com