

Do You Dare To?

Using our AACN theme “Dare To” as a framework, this interactive presentation will enable participants to identify strategies they can use to optimize their contributions to their patients and their families, their colleagues and to themselves. Approaches to overcoming the barriers that often stop us from achieving our optimal contributions will also be discussed.

Learning Objectives:

- Describe what daring looks like for you and discuss the barriers that frequently prevent us from pursuing our “Dare To’s”.
- Compare and contrast risk taking and engaging in risky behavior.
- Identify the “Dare To(s)” that will have the most impact for your own professional and personal life.

Session Outline:

- I. Introduction
- II. Daring
 - a. What does “daring” look like to you?
 - b. Dare (verb): to be sufficiently courageous to; to have sufficient courage; to confront boldly; to have the courage to contend against, venture or try
 - c. Daring (adjective): venturesomely bold in action or thought
 - d. Our dares are our dreams...
- III. The relationship between “daring” and “courage”
 - a. Courage (noun): mental or moral strength to venture, persevere and withstand danger, fear or difficulty
- IV. Taking a Risk
 - a. Strive for difficult goals – even in the face of possible failure
 - b. Risk giving yourself an “A”

- V. Engaging in Risky Behavior
 - a. Failure to speak
 - b. Failure to rescue
- VI. Common Barriers to Daring and Courage
 - a. Fear
 - b. A need to “prove” ourselves
 - c. Our assumptions
 - d. Others’ assumptions
- VII. Your Dare To (s)
 - a. Name your Dare To
 - i. *Dare to do something that will bring you closer to achieving your optimal contribution – to patients, their families, your teams, and yourself*
 - b. Share your Dare To
 - i. Recruit a support team!
 - c. Act on your Dare To
 - i. Beware of “action traps”
 - 1. Procrastination
 - 2. “Catastrophizing”
 - 3. Cop-Out: “if it’s meant to be, it will be...”
 - 4. Fear of failing
 - ii. Identify the next steps

VIII. Conclusion

“The future belongs to those who believe in the beauty of their dreams. In the long run, we really do shape our own lives; and then together we shape the world around us. The process never ends until we die, and the choices we make are ultimately our responsibility.”

Eleanor Roosevelt

Recommended Reading:

Gawande, A. Failure and Rescue. *The New Yorker*, June 4, 2012. Downloaded on July 29, 2012:
<http://www.newyorker.com/online/blogs/newsdesk/2012/06/atul-gawande-failure-and-rescue.html>

Powell, C. *It Worked for Me: in Life and Leadership*. Harper Collins, NY; 2012

Warrell, M. *Find Your Courage*. McGraw Hill, NY; 2009

Zander, RS and Zander B. *The Art of Possibility: Transforming Professional and Personal Life*. Harvard Business School Press, MA; 2000.

Maxfield, D, Grenny J, Lavandero, R & Groah, L. (2010). The Silent Treatment: Why Safety Tools and Checklists Aren't Enough to Save Lives. www.silenttreatmentstudy.com