

Elizabeth Scala

www.elizabethscala.com

Short Bio

Elizabeth Scala, MSN/MBA, RN is on a mission to shift the profession of nursing from the inside out. Nurses typically enter their careers with a desire to provide compassionate, heart-based care. Challenged by regulations, financial pressures and technological advancements, today's nurse struggles to balance the art with the science of nursing. As a keynote speaker, bestselling author, and online conference host, Elizabeth inspires nursing teams to reconnect with the passionate and fulfilling joy that once called them to their roles. Elizabeth is also a certified coach and Reiki Master Teacher. She lives in Maryland with her supportive husband and playfully, silly pit bull. When Elizabeth's not speaking to or teaching other nurses you can find her enjoying nature, relaxing on the beach, practicing Yoga or dancing to her favorite jam band, moe.

Long Bio

Elizabeth Scala, MSN/MBA, RN is on a mission:

To transform the profession of nursing from the inside out!

Nurses typically enter the field with a desire to provide compassionate, heart-based care. Challenged by regulations, financial pressures and technological advancements, today's nurse struggles to balance the art with the science of nursing. As a speaker, trainer, facilitator and author, Elizabeth inspires nursing teams to reconnect with the passionate and fulfilling joy that once called them to their career.

A former psychiatric nurse for the Johns Hopkins Hospital, she worked on one of the most acute inpatient units in the state of Maryland. There she experienced the burnout and compassion fatigue that even the most dedicated nurses can encounter. In time, she left her inpatient position to design exercise and wellness programs for physician-referred clients at an elite wellness center in Baltimore. This sparked a passion for guiding people towards healthy habits and helping clients identify their true motivators.

After being asked to rejoin Johns Hopkins as a part-time Clinical Nurse Research Fellow, she again witnessed the stressful realities of today's nurses. That's when she awakened to her true calling:

“Guiding nurses to be healthy, personally and professionally, so that they can provide the best care to their patients on a daily basis.”

Through her business, Nursing from Within™, Elizabeth writes regularly on the topic of self-care, hosts a weekly podcast, and offers both in-person and online seminars for busy nurses.

As Elizabeth is fond of saying, “I am a happily rehabilitated, ‘Negative Nancy Nurse’.”



Elizabeth Scala

About

As a keynote speaker, bestselling author and online conference host, Elizabeth partners with hospitals, healthcare organizations, nurse associations, and nursing schools to help transform the field of nursing from the inside out. During the National Nurse's Week online conference, [‘The Art of Nursing’](#),

Elizabeth supports nurses in achieving professional goals of continued learning and development, while celebrating their careers in a meaningful and energizing way.



Elizabeth candidly admits she was once was a total mess. She lived (and worked) too busy, too stressed and too overwhelmed. And all of that “too much” took a toll on her relationships and physical, mental, and emotional well-being.

That’s why Elizabeth’s mission is to guide nursing professionals in resuscitating the passion they once felt for their nursing careers. She’s been where they are and can reconnect them with their purpose, which ignites job satisfaction, employee morale, and teamwork.

Elizabeth’s spoken in a variety of settings including the Trauma Injury Prevention Conference in Washington DC, several nursing associations meetings and conventions, leadership retreats and forums, and the 2014 National Nurse’s Health Institute Conference.

Elizabeth, who is a Certified Health and Wellness Coach and Reiki Master Teacher, also holds a Bachelor of Arts degree in Psychology, a Bachelor of Science in Nursing, and Master’s degrees in both Business and Nursing. Originally from Carmel, NY, she now lives in the Jarrettsville, MD area with her supportive husband and playfully, silly pit bull. She enjoys yoga, meditation, dancing, and spending time at the beach with family.

Elizabeth is available for in-person workshops and retreats; specially-requested online courses and presentations; and nationwide conferences and seminars.



Art of Nursing

The Art of Nursing is an annual online conference held during National Nurse’s Week for hospitals, professional organizations, nurse associations, and nursing schools. The program has reached over 1,500 nurses, with over a dozen hospitals and nursing organizations participating across the country.

Elizabeth has interviewed some of the most well-known nurse authors, speakers, and consultants who provide expertise in professional development and personal growth. Nurse speakers have included experts such as Jean Watson, Barbara Dossey, Kathleen Bartholomew, Renee Thompson, Ruth Hansten, Donna Cardillo, Vicki Hess, Jennifer Mensik, Sharon Weinstein, and many more!

Statistics

Monthly Page Views - 5808			
Main Email List Subscribers	2491	Google+ Followers	541
Facebook Followers	132	Google+ Views	54688
Facebook Friends	778	YouTube Video Views	16997
Art of Nursing Facebook group	353	YouTube Subscribers	100
Your Next Shift Facebook group	79	LinkedIn Connections	2769
Twitter Followers	8792	LinkedIn Followers	3073
Pinterest Followers	625	LinkedIn Art of Nursing Group	318

Past Speaking List

Elizabeth has spoken to nurses and nursing students across the country. A partial client list includes the following:

- Wyoming Nurse's Association Annual Convention (Keynote Speaker)
- The District of Columbia Trauma Injury Prevention Coordinator's Collaborative
- Annual Celebration of Reiki Conference
- National Nurse's Health Institute Annual Conference
- South Dakota Nurse's Association Annual Convention (Keynote Speaker)
- Jacksonville Senior Center (Keynote Speaker)
- Union Hospital Nurse's Week (Keynote Speaker)
- Mid-Atlantic Reiki Conference (Healthcare Panelist)
- American Holistic Nurse's Association, several local and regional chapters
- Chelsea Senior Living Nurse Leadership Retreat (Keynote Speaker)
- Maryland Nurse Association Annual Convention



As the keynote, Elizabeth presented excellent information at the South Dakota State Nurses Convention on Leadership in Nursing. She shared innovative ideas to enable nurses to connect with the internal motivation that impact sustainable shifts for the nursing profession. Elizabeth also incorporated entrepreneurial methods and process for the future of nursing practice. She provided nurses with methods to build nursing leadership within the nursing workforce. I would encourage all nurses to attend Elizabeth's presentations as she is a very dynamic speaker, engages the audience in the presentation, and encourages attendees to verbalize their ideas/experiences."



Margie B. Washnok APRN, MS, DNP; South Dakota Nurse's Association President

"Elizabeth's business background and nursing experience are a perfect blend for teaching the nurse entrepreneur how to combine passions into profit. She presents with ease and a gentle spirit that's inspiring. I would recommend Elizabeth as a speaker to other nursing groups because she knows how to blend the science and soul of nursing."



Tracey Long RN, PhD, MS, MSN, CDE, CNE, CHUC, CCRN; National Nurse's Health Institute Conference Organizer

"Your keynote was very good and served as tonic for us. It is always helpful to get staff to stop and smell the roses and gain some learning about deliberately putting our positive energy and words to pull in the same versus the negative. It also helped us understand that we own, take charge and be deliberate about creating a positive environment. Thank you!"



Katie Boston-Leary, CNO & Senior VP of Patient Care Services, Union Hospital

"Hi Elizabeth. You may have heard this several times before, but there is something about your personality and delivery that is calming, supportive, loving, caring and relaxing. I am sure it is in part due to your passion for what you are doing, but I so thoroughly enjoy listening to you."



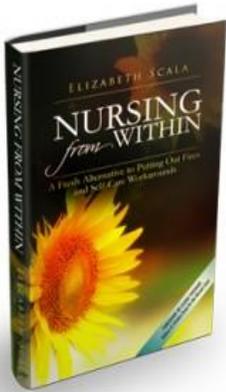
Donna Barnett, RN – San Francisco Bay Area

"Elizabeth's presentation was refreshing and much needed after the intensive work we got done. I am usually expecting the typical breathe in and out and count to four kind of stuff, but her work is funny (instant stress relief) and innovative in that she really connects with your current stress. I loved it and hope to work with her again."



'Minky' Radcliffe, RN, Fitness Nurse Consulting, New Jersey





Nursing from Within: A Fresh Alternative to Putting Out Fires and Self-Care Workarounds offers the innovative solutions today's nurses need.

At a time when health care is going through major change, nurses—known for being highly capable in a crisis—are being forced to take on more and more responsibilities. In this increasingly stressful environment, nurses need new ways to make sure they are taking care of themselves so they don't succumb to the physical, mental, and emotional exhaustion of caring for everyone and everything else. *Nursing from Within: A Fresh Alternative to Putting Out Fires and Self-Care Workarounds* offers the innovative solutions today's nurses need.

Amazon Verified Review: Fantastic book! Extremely engaging, motivating, and interesting. I found it to be full of helpful tips that were explained easily so I could apply them right away, and it had a huge impact on the quality of my living! I loved it, and would highly recommend it to anyone seeking to get back in touch with themselves or do some inner healing! Superbly helpful!

Order now on Amazon: <http://bit.ly/NursingfromWithin>

YOUR NEXT SHIFT

Nursing offers many opportunities, but there's no denying it's tough—and sometime thankless—work. A nurse's mindset often means the difference between an average and awesome career, but few nursing books focus on this vital aspect of the profession.

Entrepreneur and clinical nurse Elizabeth Scala, MSN/MBA, RN, provides the means to take your nursing career to the next level. Beginning with the many issues affecting nursing, Scala describes the negative “monkey” mindsets that interfere with a nurses' ability to enjoy their profession. She then introduces a set of seven spiritual laws to help improve a nurse's career

Scala brings her experience as an entrepreneurial nurse to bear on the broader nursing field, balancing spiritual advice with a series of practical, down-to-earth steps designed to shift careers into high gear.



Amazon Verified Review: Your Next Shift is an excellent read for anyone in the nursing profession who wants to revamp their nursing career. Elizabeth's writing style is refreshing and fun. She shares experiences that as nurses, we can all relate to. This book is for all nurses- those at the bedside, in management, nurse entrepreneurs, etc.

Order now on Amazon: <http://bit.ly/YourNextShift>

Ready to work together?

Contact me at www.elizabethscala.com

support@elizabethscala.com

(410) 929-0081