

# CURRICULUM VITAE

04/06/18

## **Elizabeth Scala, MSN/MBA, RN Keynote Speaker, Online Education Program Host, and Bestselling Author**

### **Home Address:**

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Jarrettsville, MD 21084

### **Contact:**

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### **EDUCATIONAL BACKGROUND:**

<u>College/University</u>	<u>Date</u>	<u>Degree</u>
Johns Hopkins University School of Nursing/Carey Business School Baltimore, MD	2009	MSN/MBA
University of Delaware School of Nursing Newark, DE	2005	BSN
University of Delaware Newark, DE	2003	BA Psychology
<u>Certification/Training</u>	<u>Date</u>	<u>Degree</u>
Karuna Reiki Method	2012	Karuna Reiki Master
The Institute for Integrative Nutrition, New York City Professional Training and Certification Program	2012	Certified Health Coach
Reiki Usui Shiki Ryoho Method	2012	Reiki Master
Wellcoaches® Corporation	2011	Certified Health and Wellness Coach

### **CURRENT LICENSES:**

Registered Nurse	Maryland
Board Certified Holistic Health Practitioner	American Association of Drugless Practitioners

### **ENTREPRENEURIAL ACTIVITIES:**

Founder and Host: Art of Nursing Virtual Conference <a href="http://artofnursing.com/">http://artofnursing.com/</a>	2014-present
Owner: Living Sublime Wellness LLC <i>Creator of Nursing from Within™</i> <a href="http://www.elizabethscala.com">www.elizabethscala.com</a>	2011-present

Founder: Rejuvenation Collaboration www.rejuvenationcollaboration.com (website removed)	2012-2014
Podcaster: Your Next Shift <a href="https://itunes.apple.com/us/podcast/id1025968665">https://itunes.apple.com/us/podcast/id1025968665</a>	2015-present
Radio Show Host: Blog Talk Radio Show <a href="http://blogtalkradio.com/reikiradiorxforselfcare">http://blogtalkradio.com/reikiradiorxforselfcare</a>	2012-2015
Inspirational Writer: Nursing from Within™ Blog <a href="http://elizabethscala.com/blog/">http://elizabethscala.com/blog/</a>	2011-present
Motivational Speaker and Presenter Interviewed on numerous radio shows and guest presenter at workshops for various holistic companies	2012-present

**SPEAKING PRESENTATIONS:**

“Nursing from Within™: Stand Tall and Be the Light”  
Keynote Speaker for the Nebraska Medicine State of the Art Nursing Conference: Omaha, NE (March, 2018)

“Burnout Proof: Lower Stress, Prevent Burnout, & Build a More Ideal Career”  
Keynote Speaker for the Nebraska Medicine State of the Art Nursing Conference: Omaha, NE (March, 2018)

“The Individual Nurse’s Role in Self-Care: Reiki as a Resilience Tool”  
Morristown Medical Center Certified Nurses Day: Morristown, NJ (March, 2018)

“Nursing from Within™: A Purposeful Way to Resilience”  
Keynote Speaker for the Morristown Medical Center Certified Nurses Day: Morristown, NJ (March, 2018)

“Leading from Within: Shifting Perspectives to End Burnout”  
18th Annual Healthcare Horizons: Grand Forks, ND (October, 2017)

“Nursing from Within™: A Purposeful Way to Take Care of You”  
Keynote Speaker for the 10th Annual Medical-Surgical Consortium Fall Conference: Norman, OK (October, 2017)

“Nursing from Within™: Care for the Nurse. Care for You.”  
Community Hospital North Department of Nursing Professional Development Series Kickoff: Indianapolis, IN (September, 2017)

“Nursing from Within™: Authentic Practice Sustains Service”  
Keynote Speaker for the Health Care Education & Training Wisconsin Department of Public Health Annual Training Day: Wausau, WI (September, 2017)

“Nursing from Within™: Self-Care for the Holistic Nurse”  
Tristate New Jersey AHNA Chapter: Patterson, NJ (September, 2017)

“Nursing from Within™: Leadership from the Inside Out”  
Levine Cancer Institute Carolinas HealthCare System Leadership Series: Charlotte, NC (September, 2017)

“Burnout Proof: Lower Stress, Prevent Burnout, Build a More Ideal Career”  
Kaiser Permanente of Maryland Nurse’s Week (May, 2017)

“Fighting Healthcare Burnout and Retaining Clinicians in the Field”  
Vizient Southeast Nurse Executive Council and Physician Leadership Network Meeting (February, 2017)

“Nursing from Within™: Leadership from the Inside Out”  
NES Healthcare Group, Inc. Nurse Leader Conference: Annapolis, MD (November, 2016)

“Burnout Proof: Lower Stress, Prevent Burnout, build a more Ideal Career” WellStar Health System Nurse Leader Retreat: Atlanta, GA (November, 2016)

“Practice the Art of Nursing: Reconnect to the Nurse Within” National Association of PeriAnesthesia Nurses Annual PeriAnaesthesia Conference Keynote Speaker: Toronto, Canada (November, 2016)

“Nursing from Within™: How to Keep You & Your Patient Safe” Idaho Nurses Association Annual Convention Keynote Speaker: Boise, Idaho (November, 2016)

“Nursing from Within™: An Rx for Health & Empowerment” Resurrection University Nursing Honors Society Keynote Speaker: Chicago, IL (October, 2016)

“The Power of Podcasting”  
National Nurses in Business Association Pre-Conference Workshop: Las Vegas, Nevada (October, 2016)

“Nursing from Within™: Leadership from the Inside Out”  
Clinical Nurse Leader Annual Conference Keynote Speaker: Charlotte, North Carolina (September, 2016)

“Navigating a Shifting Landscape: Blending Art with Science in Nursing”  
Carolinas Healthcare System 5<sup>th</sup> Annual Research Symposium Keynote Speaker: Concord, North Carolina (April, 2016)

“Nursing from Within: Leadership from the Inside Out”  
Wyoming Nurse’s Association Annual Convention Keynote Speaker: Casper, Wyoming (September, 2015)

“The Individual Nurse’s Role in Self-Healing through Reiki”  
Annual Trauma Injury Prevention Conference: Washington DC (May, 2015)

“State of Mind of the Reiki Practitioner: Integrate Care through Natural Flow”  
Celebration of Reiki Conference: Boston, Massachusetts (April, 2015)

“Nurse Entrepreneurs and Best Practices in Health”  
National Nurse’s Health Institute Conference: Las Vegas, Nevada (October, 2014)

“Be the Catalyst in Nursing Practice: Applications of the Nurse Within Model”  
South Dakota Nurse’s Association Annual Convention Closing Talk: Rapid City, South Dakota (October, 2014)

“The Individual Nurse’s Role in Self-Care: Reiki as a Self-Empowerment Tool”  
South Dakota Nurse’s Association Breakout Session: Rapid City, South Dakota (October, 2014)

“Nursing from Within: Leadership from the Inside Out”  
South Dakota Nurse’s Association Keynote Speaker: Rapid City, South Dakota (October, 2014)

“Reiki Practice for Stress Reduction”  
Jacksonville Senior Center, Maryland (June, 2014)

“Reconnect with the Art of Nursing: Prevent Burnout with Nursing from Within”  
Keynote Speaker, Union Hospital Nurse’s Week (May, 2014)

Healthcare Collaboration Panel Member  
Mid-Atlantic Reiki Conference, Columbia MD (November, 2013)

“A Sampling of Activities to Balance Your Day”  
Nursing Leadership Forum, Johns Hopkins Hospital (October, 2013)

“Essential Steps to Living the Life You Enjoy!”  
Chelsea Senior Living Nurses’ Retreat, Crystal Springs Resort (October, 2013)

“Exploring Possibilities in Nursing: Expanding Care through the Nurse Coach Role”  
Maryland Nurses Association Annual Convention (October, 2013)

“Appreciative Inquiry: A Transitional Care Intervention for Medication Management”  
Maryland Nurses Association Annual Convention (October, 2013)

“Rejuvenate ME! FASTrack to Total Well-Being”  
Philadelphia Chapter AHNA Meeting (October, 2013)

“AHNA Nurse Entrepreneurs Meeting”  
Facilitated Initial Networking Meeting Discussion for 70+ members (June, 2013)

“Using Appreciative Inquiry as a Transitional Care Intervention”  
Presenter at Scholar’s Day, Johns Hopkins Hospital (May, 2013)

“Reiki as a Complementary Therapy: A Pilot Study”  
Presenter at Palliative Care Conference, Johns Hopkins Hospital (April, 2013)

“Essential Steps to Becoming a Well Being”  
Guest Speaker at the Mainline Chapter of Philadelphia AHNA Meeting (March, 2013)

“Self Care is Healthcare”  
Presenter at the Physician’s Roundtable Conference, Florida (January, 2013)

“Rejuvenation Translations: Energize the Body, Ignite the Spirit, Balance the Mind”  
Guest Speaker at the Maryland Holistic Association Chapter meeting (January, 2013)

“Reiki as a Self-Care Modality for Nurses”  
Presenter at the Johns Hopkins Hospital Department of Psychiatric Nursing (July, 2012)

“Mind Body & Soul Presentation”  
Workshop Presenter at the Maryland Athletic Club (March, 2012)

“Create Wellness for Self Calls”  
Hosts Monthly Wellness Workshop Webinars on Creating Space for Your Own Self-Care (Continuous)

## **WORKSHOP FACILITATION & TRAINING:**

Reiki Level I Courses at the Johns Hopkins Hospital School of Nursing, Reiki Master Teacher (2015)

Reiki Level II Courses at the Johns Hopkins Hospital, Reiki Master Teacher (2014)

Reiki Level I Courses at the Johns Hopkins Hospital, Reiki Master Teacher (2014, 2013)

“Healing Pathways for the Health Care Professional Course”  
Co-Facilitator for 8 Week Course in Self-Care for Health Care Professionals (2012)

## **PUBLICATIONS:**

*Stop Nurse Burnout: What to Do When Working Harder Isn't Working* ([Print Book](#))

*Your Next Shift: How to Kick Your Nursing Career into High Gear* ([Print Book](#))

*Nursing from Within: A Fresh Alternative to Putting Out Fires and Self-Care Workarounds* ([Print Book](#), Workbook, and Audio Book)

*Reiki Practice: A Nurse's Rx for Self-Care* (Kindle eBook)

*Bring Back the ART of Nursing: Reconnect to Your Nurse Within* (Kindle eBook)

*Learning through Experience: An Inspirational Resource Booklet of Expert Interviews* (Print Book)

*Back to the Basics: a Nurse's Pocket Guide to Self-Care* (Print Book)

All print and eBooks available via Amazon Author Page ([click here](#))

Lunch Menus for a Month: Quick and Easy Recipes for the Busy Nurse (Workbook)

7 Steps to a Healthier You (Workbook)

Holistic Health Articles and Newsletters (2011-present)

*Used for distribution to clients and email subscribers*

Monthly contributor for the website <http://onlinenursepractitionerprograms.com/> (2015-present)

Monthly contributor for the website [www.nursetogether.com](http://www.nursetogether.com) (2011-2016 when website shut down)

Monthly blog writer for various websites

*(Examples include: [www.rnfmradio.com](http://www.rnfmradio.com); [www.healthcareers.com](http://www.healthcareers.com); [www.thenerdynurse.com](http://www.thenerdynurse.com))*

Contributor for [Scrubs Magazine](#) (2012-2015)

Contributor to Working Nurse Magazine (online and in print) <http://www.workingnurse.com/articles/3-Ways-to-Move-Your-Nursing-Career-Forward>; <http://www.workingnurse.com/articles/10-Ways-to-Be-a-Better-Nurse-in-2017>; <http://www.workingnurse.com/articles/Six-Savvy-Ways-to-Beat-Nurse-Burnout>

## **PROFESSIONAL COMMITTEES:**

America Holistic Nurse Association	Board of Director at Large	2014-present
AHNA Nurse Entrepreneur Chapter	Chapter Leader	2014-present
American Holistic Nurse Association	Member	2012-present
Patient Satisfaction Psychiatric Departmental Committee	Unit Representative	2006-2010
Continued Quality Improvement Psychiatric Departmental Committee	Unit Representative	2006-2010
Nursing Leadership and Governance Committee: Unit Based	Member	2007-2010
Magnet Unit Representative: Central Nursing	Unit Representative	2007-2010

## **SCIENTIFIC AND PROFESSIONAL SOCIETIES**

American Holistic Nurses Association 2012-present

American Psychiatric Nurses Association  
Sigma Theta Tau, Johns Hopkins University

2007-2010  
2008-2010

### **AWARDS**

Sigma Theta Tau Award for Scholarship, Leadership, and Service

October, 2009

### **CLINICAL POSITIONS HELD:**

Johns Hopkins Hospital  
Baltimore, MD

Research Program Coordinator

2010-present

Maryland Athletic Club  
Baltimore, MD

Registered Nurse of Healthy Start

2010-2014

Johns Hopkins Hospital  
Baltimore, MD

Nurse Clinician III

2005-2010