



## Falling Together

How to Find Balance, Joy, and Meaningful Change When Your Life Seems to be Falling Apart

### Donna Cardillo RN CSP FAAN

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www.DonnaCardillo.com

Booking inquiries call or email: Speaking@DonnaCardillo.com

# Donna Cardillo

The Inspiration Nurse CSP FAAN

## Living Fearlessly in Career and Life

Donna is a powerhouse of energy, wisdom, humor, and solid content. With two decades of speaking experience, she has travelled the world uplifting, inspiring, and enlightening those she comes in contact with. Donna has been referred to as a positive force of nature who lights a path for others to follow.

Experience the energy and enthusiasm of a live presentation by Donna. She will ignite a fire under you and start you on a journey of exploration and discovery that will enable you to avail yourself of all that life has to offer. Donna is practicing what she preaches and living her dream.

#### Share the Passion!

#### Popular Programs:

#### The Power of Transformation

- · Understand and overcome the fear of change
- Strategies for personal and career transformation
- Maintain inner calm in the midst of outer chaos

#### Passionate Leadership: Soaring to New Heights!

- · Identify and avoid the perils and pitfalls of being an experienced leader
- · Stay relevant and inspired year after year
- Learn self-management strategies to support your success

#### Nursing - The Future is Ours!

- What's in store for the healthcare delivery system over the next 20 years
- Which behaviors, mindsets, and patterns no longer serve us
- How to get in shape to meet the challenges and opportunities –
  of the future

#### The Power of Resilience

- Build personal power and confidence
- · Learn to embrace change
- · Develop habits to nurture and nourish yourself

#### Taking Care of You, Inc. - The Business of Self-Care

- · Stay energized and focused
- Utilize the power of disengagement
- Tap into universal energy and wisdom

For a full list of Donna's programs visit: DonnaCardillo.com/keynotes

#### Clients Include:

**MEDITECH** 

Sanofi-Aventis

Bayer HealthCare

Johnson & Johnson

United Healthcare

Horizon Blue Cross & Blue Shield

**Press Ganey** 

Mayo Clinic

Lahey Clinic

Cleveland Clinic

Monster.com

Nurse.com

Association for Nursing Professional Development

Children's National Medical Center

Children's Hospital of Philadelphia (CHOP)

National Association of Healthcare Recruiters

Memorial Sloan Kettering

Princeton Medical Center

New Jersey Hospital Association

College and Association of Registered Nurses of Alberta

National Association of School Nurses

Geisinger Health Systems

**New York University** 

Robert Wood Johnson University Hospital

Hackensack University Medical Center

Association of periOperative Registered Nurses (AORN)

## Donna Cardillo RN CSP FAAN

"We appreciate your help in motivating and inspiring our nurses, students, executives, and attendees. You kept everyone engaged by your honesty and personable approach. Your presentation built a bridge between the IOM recommendations and nursing bedside reality. Ninety-five percent of attendees stated that this would change their nursing practice."

> Joseph Berumen, DNP, MS, RN, CCRN-K Ulondia Lee, MSN, RN, CNEP Jennifer West, MBA, RN, BSN

Initiative on the Future of Nursing, South Texas Team Co-Leads

"Our community of nurses and nurse leaders were inspired by your talk and fortunate to have the opportunity to hear you speak at University of Central Florida. Your presentation and presence on campus has truly raised the bar for us to find next year's speaker. Your standing ovation will be hard to beat!" Mary Lou Sole, PhD, RN, CCNS, CNL, FAAN, FCCM

Dean and Professor, Orlando Health Endowed Chair in Nursing

"I just want to thank you for delivering such an inspiring talk at the Governor's Conference for Women. You were engaging and humorous, but your biggest strength was your message. It was powerful and honest—words that can only be spoken by someone who has lived to tell the story. Thanks for being a beacon of light!" Michelle Maccia, Conference Attendee

"Thank you, thank you and thank you for the joy you brought to so many. Verbal feedback was extremely positive and the written evaluations certainly confirm that with numerous positive comments like "she is great," "excellent speaker," "love her," "great catch," "inspirational," "very fun and energetic," and "thoroughly enjoyed this speaker," just to cite a few. The planning team and I are just thrilled with how everything went so smoothly."

Kenn M. Kirksey, PhD, RN, ACNS-BC, FAAN

Director, The Center for Nursing Research, SETON Family of Hospitals

"Your ability to identify the struggles and challenges we are all facing in healthcare, and share realistic approaches to help us deal with these challenges, was really quite amazing! You have been able to give us clear guidance in navigating our future with many issues, including those of the heart. Thank you for your time, good humor, warmth, and professionalism."

Phyllis Capiaghi, MAS, BSN, RN-BC

Patient Care Director Behavioral Health, Englewood Hospital and Medical Center

"Thank you for bringing your energy, expertise, and power to our nurses, at the NCNA convention." Tina Gordon, MPA, CAE, FACHE CEO North Carolina Nurses Association

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#### Affiliations

American Academy of Nursing American Nurses Association **National Speakers Association** New Jersey State Nurses Association National Nurses in Business Association

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