Softskills for Nursing



Keeping your life organised

GOURI.P.PATIL



Soft Skills for Nursing

First Edition

Author

Gouri Patil



Title of the Book: Soft Skills for Nursing

First Edition - 2023

Copyright 2023 © Gouri Patil, B' Arch, copywriting and content writer, TTT Certified Softskills Trainer, Art and Architecture, BVB Hubli.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photography, recording or any information storage and retrieval system without the permission in writing from the publisher or author.

Disclaimer

The Author is solely responsible for the contents published in this book. The publisher don't take any responsibility for the same in any manner. Errors, if any, are purely unintentional and readers are requested to communicate such errors to the editors or publishers to avoid discrepancies in future.

E-ISBN: 978-93-5747-322-4

MRP Rs. 250/-

Publisher, Printed at & Distribution by:

Selfypage Developers Pvt Ltd., Pushpagiri Complex, Beside SBI Housing Board, K.M. Road Chikamagaluru, Karnataka.

Tel.: +91-8861518868

E-mail:publish@iiponline.org

IMPRINT: I I P Iterative International Publishers

For Sales Enquiries:

Contact: +91- 8861511583 E-mail: sales@iiponline.org

Preface

Though my first tiny book seems to be simple, but has a good collective and important knowledge that one needs to understand. This book is made specially for nursing and para medical students and also for doctors who have to give importance for values of humanity.

As we all have rustling between sprituality and modernity in our everyday life. Being spritual gives you: Life, transformation, it makes you grow through difficulties and provides self respect for every one. It helps us to find profound meanings to our values like Peace, Love, Faith, Trust, Compassion, Bliss and Contentment. We all should spend atleast 15 minutes a day for our self realisation. In this book I have shared some of the best stories I could, which add value to the each characteristics of soft skills that a nursing profession person have to instill in their everyday lives.

"OM SHANTI" !!!HAPPY READING!!!



Acknowledgement

My pranams to the lotus feet of our guru Shri Shri Jayendrapuri Mahaswamiji of Kailash Ashrama Hulkoti, for all his motivation to write this small book.

Thanks to my family members, my relatives, my dear friends and colleagues who supported me in bringing out this collected and gathered knowledge to help people who are persuing carrer in nursing.

A special gratitude to my fellow members of ICBI for the content that they shared with me and many spiritual guru's and masters in the feild of philosophy without who's guidance this book would not have any icing on the cake.

I would like to acknowledge and express my gratitude to my mama Dr. R.T.Patil, attevva Sunanda. R.Patil and Dr. Nagnur uncle. Special thanks to sunanda attevva for making this efforts come to reality.

And lastly I thank the team of **Iterative International Publishers** (**IIP**) **Chikamagaluru, Karnataka**. for Printing this Book.



Contents

1	Introduction					
2	Objectives					
3	Soft Skills					
4	Vital role of Nurses in Transforming Health Care					
5	Florence Nightingale					
	SOFT SKILLS					
1	Empthy					
2	Coaching and Mentoring					
3	Personality Development					
4	Motivation					
5	Negotiation					
6	Time Management					
7	Creativity					
8	Communication Skills					
9	Albert Meharabian Rule					
10	Transactional Analysis					
11	Importance of Psychology to Nurse					
12	Some tips for Nurses to Handle People Skillfully					
13	Scope of Attention					
14	Scope of Attention and Awareness					
15	Scope of Attention and Emotions					
16	Attention and Decision Making					
17	Problem Solving and Decision Making Strategies					
18	Two Theories on Relationship Between Language					
10	and Thought					
19	Existential Therapy					
20	Experiential Therapy					
21	My Experiential Note					

ABOUT THE AUTHOR



Gouri Patil, an architect who blurs lines between architecture and literature. Many people know her as a product designer and Lic agent, Hulkoti under the name of kshetragnya services. She has lot of passion towards design and personality of the country which she call it a home. Her

mission is to improve my countries identity in the best possible way, shaping not only it's physical structures but also it's culture and aspirations. She is an artist and love painting on canvas, resin art products designer and manufacturer. She has conducted several exhibitions till now at Bangalore and Hulkoti. A softskills trainer and psychologist certified by NABET and ICPEM.



Selfypage Developers Pvt Ltd



MRP Rs. 250/-