



# Reflections on the Nightingale Challenge

N.I

## Global Leadership Development Programme 2020/21

*Sinead Kernan*



### Learning Visit to London, 2020

- Commonwealth Nurses & Midwives Conference
- Met with Lord Crisp at the Houses of Parliament
- Tour of RCN Buildings & the Florence Nightingale Museum



### Mentoring and Networking

- Building relationships with other programme participants as well as members of the steering group
- Seeking advice and guidance towards a change in career pathway
- Feeling inspired by others through listening to their personal journeys and visions for the future



I have developed a better understanding of various leadership styles and managing resistance to change

I have better knowledge of the relationship between health and health policy. I have developed a particular interest in the social determinants of health and what can be done to help

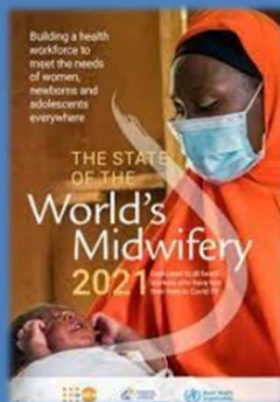
I am grateful to have had the opportunity to complete the Nightingale Global Leadership and Development Programme. The knowledge and skills I have gained over the past 18 months have been invaluable to me in my relatively new role as Maternity Ward Manager. I look forward to continuing to network and develop professional relationships with other members of the programme and steering group and to share the knowledge I have gained with my SHSCT colleagues.

I completed the SDG primer e-learning certificate addressing the challenges we face globally and providing a blueprint to achieve a more sustainable future

I am more mindful of my own well-being and that of my colleagues. I have learned how to build on strengths that develop my resilience – 'bend don't break'

**'Everything in health is a priority for somebody'**  
*Lord Nigel Crisp*

### Think Global, Act Local



### What Next?

- PhD Studies
- Queen's University Belfast in collaboration with the Department of Health.
- 'Continuity of Midwifery Carer in NI'

