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ESSENTIALS OF NURSING MANAGEMENT

Managing Yourself

Verena Tschudin

with Jane Schober

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MACMILLAN

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Preface

'Management' has become one of those magic words: as long as you manage you're OK.

Management usually means 'other people'. In this book it means yourself. And this is where the problem starts. We generally know how to manage others. We know what they should do, how they should behave, how they should do their job, look after their children, deal with their colleagues, and so on. But to apply these same principles to ourselves is not nearly as easy.

This book starts with the principle that 'charity begins at home'. This doesn't mean indulging ourselves in all sorts of excesses: it means on the contrary a kind of discipline which doesn't shrink away from looking at the good *and* bad in us, the strengths *and* weaknesses, the helpful *and* unhelpful, the possible *and* impossible parts of ourselves. This can sometimes be daunting. It is not easy to face up to the darker side of the reality that we are, or make choices which lead us into the unknown. But it is often there that discoveries are made which can and will transform our lives.

As a nurse you are first of all a *person*. And although addressed to you as a nurse, this book looks at you as a person behind the uniform. It is meant for you the person, to be more effective in your work as a nurse: to manage yourself and others better.

Verena Tschudin
January 1990