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Managing Yourself

2nd Edition

Verena Tschudin

with Jane Schober

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Preface

'Management' is one of those words that say very little and imply a great deal. 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 does not mean indulging ourselves in all sorts of excess. It means, on the contrary, a kind of discipline that does not 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 that lead us into the unknown. However, it is often there that discoveries are made that 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. 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 1998