

## Using your strengths on the job

As a traveling nurse, you spend less time dwelling in politics. This leaves more time for your patients and improving your skills. According to Dr. Seligman, the developer and promoter of positive psychology, one can improve their happiness anywhere by using their “signature strengths.”

By going to [www.authentichappiness.org](http://www.authentichappiness.org), you will find surveys to identify your strengths. The goal is figure out your biggest strengths and then use those in your every day life. By doing this, you will be happier and you will be using your strengths on the job. Thus improving your work and your patient’s experience. Everyone wins.

While I agree is it good to try and improve our weakness too. Often, by doing so, I find that we not only focus on our weaknesses but, too often end up in frustration over our repeat patterns. Why not focus on our strengths and use them to their highest potential. We may find that we feel better about ourselves, less frustrated and function at a higher capacity.

This is a different concept that I have adopted and found to work well. I have learned to accept my weaknesses and compensate for them in other ways rather than lecturing myself about being better. By accepting my weaknesses, I can also warn people about them so they know what to expect. For example, I have a tendency to run about 5 minutes late to most things. I have tried over and over to correct this behavior and yet, I tend to do the same thing most of the time. Instead of beating myself up over it, I tend to let the person I am going to meet know that I tend to run about 5 minutes late. To my surprise, this often leads into a discussion of their tendency to do the same or how they feel about such matters. An entire new window of discussion and understanding is opened up.

Next time you are battling with yourself, stop and remember what your strengths are and use those. You may find yourself a happier more productive person who can own and accept their weaknesses. Just a thought.

Blair, Barbara. (2005). Positive Psychology Coaching. Advance for Nurses. Marion Publications. King of Prussia, PA. February 7<sup>th</sup>. 15-17.