

OVERCOMING OBSTACLES

When you think about the possibility of travel nursing, do you envision a clear blue sky or an obstacle course? The reality is that many people don't even see the course or path that lies ahead because the obstacles have become so huge in their minds. The way I see it, obstacles are not meant to stop us, they are meant to show us the way. Obstacles are merely limits or parameters that determine how fast and straight our path should be.

Many times, a change in perspective is all it takes to overcome our obstacles. I have an exercise that may help. Take a few minutes to write down all your hesitations about traveling. Write anything that comes to mind without judgment...no matter how trivial it may seem. By writing them down, you can get a visual image of what you are dealing with. How many of your obstacles really are trivial and how many need more consideration? What seems to be your major concern?

Next, I suggest you have a brain storming party. Invite a few friends over. Then name the obstacle and give them five minutes to name as many possible solutions as they can. Record all the solutions from serious to silly. Once you have a visual picture of the solutions, you may be able to come up with a creative combination and have fun doing it.

I knew one nurse who felt really torn because she wanted the stability of being at home and the adventure of traveling at the same time. Finally, after much turmoil someone suggested she work PRN at a local hospital in her hometown and then travel once or twice a year. Now, she enjoys her travel assignments in the winter and her friends and family in the summer. She says that she appreciates her family more than ever now that she has time to get away.

Don't be afraid to present your hesitations to the travel companies. More than likely they have heard or dealt with it before. Often they have some pretty creative solutions and resources. After all, the market is getting more and more competitive.

By acknowledging your obstacles, you can become friends with the perceived enemies and finally understand how to work with them. I know I make it sound easy and fun, but sometimes it is not as hard as we make it out to be. Once you have danced with the obstacles, you will have begun the art of traveling.