



# Nurse to Nurse

## Brighten

Your nursing or healthcare event with



### Sharol Tyra

Illuminates your potential

Ignites work-life integration

Gets to the Heart of Matters

- ★ Registered Nurse
- ★ National Speaker
- ★ College Faculty - former
- ★ Professional Certified Coach
- ★ Author
- ★ Entrepreneur

Sharol is passionately involved with her community, family, and business. Her contagious energy for life comes across in the compelling, authentic stories she shares. Her personal and professional experiences make her a compassionate speaker, able to understand life's rolling tides that ebb and flow.

*"Instructor Tyra enlightened the class on behavior change, coaching, values, compassion, wellness and more! We received many tools to help ourselves and our clients uncover their own creativity and resourcefulness. I applied course learning's to my personal goals, family life, and work!"*

*Debra L. Johnson, Student  
Anoka Ramsey Community College*

### Customized Programs

Success  
Inspirational

**Generate the energy and enthusiasm that makes your event** memorable and effective. Sharol's experienced touch is the perfect enlightenment for your group, from identifying busy-itis to bringing enthusiasm and heart to your work and life. Call Sharol to discuss which topic best fit your event, and how you can customize the message, length, music, and level of interaction to light up your event.

#### ★ **Secrets of Coaching Yourself and Your Nursing Staff**

*A Presentation for Achieving Greater Success & Well-being..*

- Pack Joy for the Journey.
- Shake out the wrinkles of old behavior.
- Discover Coaching Skills to observe and affirm others.
- Put strategies into your carry-on for immediate wear.



*At last a revealing COACHING SKILL presentation.*

*Surprise yourself with a ticket to new destinations and goals as you work with others.*

#### ★ **Awaken to What's Possible** NEW

*A Presentation for Being in the Moment and Making Better Choices with Work-Life Integration*



Let's close the gap between where you are and where you want to be! Break through life's complexity to experience increased success, purpose, and happiness. Regain your essence by correcting underlying imbalances and resolving competing priorities. Help yourself and help better serve your patients.

Experience a fuller, rich life by understanding what is vital in each moment. Expand your horizons and join us for a fun and life-changing experience!

#### ★ **The Aha! Person**

Discover 10 qualities of successful nurses who say "Aha!" and get more out of life. *The Aha! Person Says, "Aha!" To*

- Rx **Bringing Visions to Life**
- Rx **Feeling Deeply**
- Rx **Breathing and Recommitting**
- Rx **Knowing the Truth**



Let's have fun! Increase your Presence, Persuasion and Productivity. Create a fresh perspective to achieve goals.

## Partial List

### Conventions & Events

- ✦ Mid-America Events & Expos
- ✦ Wise Women Celebrations
- ✦ Zion Lutheran Church

### Corporate/Business

- ✦ Foley and Mansfield Law
- ✦ Petters Group Worldwide

### Education

- ✦ Augsburg College
- ✦ Buffalo-Hanover-Montrose School District 877

### Government

- ✦ Hennepin County Government Center
- ✦ MN Department of Health

### Health Care

- ✦ Baptist Health Medical Center
- ✦ Minnesota Health Information Management Association

*"Sharol, you had me at hello!"*

*Anne Wilde, Primenca Financial*

*"To be reminded to recommit and keep moving forward, regardless of the obstacles!"*

*Anita Green, Operations Manager*



*"Inspiration, intuition, and compassion are at the heart of Sharol's presentations and coaching."*



## Testimonials

*"Sharol geared her presentation to our specific focus and needs. Very energizing, engaging and a great start to our company meeting for her to tell stories."*

*Craig Abbott, CEO, Health Dimensions Group*

*"It's okay to ask questions and it's even better to listen. I most liked the interaction with the speaker and participants."*

*Jessica L. Goins, LPN, Alumni Continuing Education, Anoka-Ramsey Community College*

*"Instructor Coach Sharol demonstrated how coaching helps bring peace to clients by offering wisdom and compassion, asking complex questions leading to change talk, giving confidence with genuine affirmations, and just being there with them. I had no idea how much it would also help me with my life! Coaching taught me to help other people without the "I am right, you are wrong approach," but rather an approach more centered on teamwork, which is more of what this world needs!"*

*Eric Cavanaugh, Student, Health & Wellness Coaching Skills, Anoka Ramsey Community College*

### Nurse Executive Coaching

Coaching encompasses a new way of approaching your life, taking charge, and moving toward a fulfilling and compelling future. Certified Coach Sharol creatively uses proven techniques and tools to help you achieve your visions and imagine more than you've ever dreamed. Partner with Coach Sharol for Significant Sustained Change™ which allows you to stay on track with nursing goals, speak your Truth, and increase confidence.

*"I have found that coaching helps me reflect on my life as it is. It calls me to be a more balanced and engaged person in the world around me. ..."*

*L., Oct 24, 2008*

*"Thank you so much for opening my awareness to how and why I have been living my life and guiding me in my ability to design my future. ... Your skillful listening and pointing out my saboteurs have made life more serene."*

*Pat E., Mar 22, 2006*

*"In our Inner Circle coaching, real things you've said Sharol, just click in my head and stick. I love the new perspectives for my role as Director of Nursing and with my family! Observing other Directors being coached by Sharol - it's easy to stay involved and fascinating."*

*K.S., Jul 15, 2009*

Focus on who you are, what you want, and where you are going!

Call Sharol for a complimentary coaching appointment by phone.



*Only a nurse leader appreciates the scope and complexity of what nurse leaders do...*



**Sharol Tyra**  
**763.477.9186**

<http://www.LifeIllumination.com>

[Sharol@LifeIllumination.com](mailto:Sharol@LifeIllumination.com)

P.O. Box 3 ✦ Hanover, Minnesota 55341 USA