

## **How not to be a creeper**

*“Dare to love yourself  
as if you were a rainbow  
with gold at both ends.”*

Aberjhani,

Although “*You Never Know Just How You Look through Other People’s Eyes*” actions have consequences, and we cannot control outcomes. However we often attempt to influence others in order to maximize the chances of our desired outcome. The first thing that a stranger sees in someone is outward personality (your first impression). So always have a winning personality that everyone seeks. With increasing diversification of health care system, there is also growing demand on professionalism in health industry. World has become a global village and the demand for health personnel to fulfil the core competencies of being a professional is inevitable. So what can you do to make sure to exhibit professionalism or, at least, not show a lack of it. The theoretical foundations and ideas of professionalism in Health care system contain built-in contradictions. One central ideal is that health professionals should use themselves as therapeutic instruments. When health professional use themselves as therapeutic instrument it demands not only professional experience but also certain personality traits.

*“U will become a fool if you are being professional with unprofessional Traits!!”*

— Bharath Mamidoju

## **Time is Money**

Make Being on Time a Priority is a golden rule to initiate your work and to fulfil your dreams. Showing up late for work or meetings gives the impression that you don't care about your job so make sure you pay attention to the clock. Time management actually falls under the category of non-verbal communication because it is one of the most clear indicators we send about how we value other people. So don't be on time. Be early.

*“Life is like a game of chess.  
To win you have to make a move.  
Knowing which move to make comes with IN-SIGHT  
and knowledge, and by learning the lessons that are  
accuated along the way.*

### **Dress to Impress: Your Attire Matters**

Dress Appropriately. Appearances matters. Your workplace attire may or may not include wearing a suit and tie. Whether you have to dress up for work, or you can wear more casual clothes, your appearance should always be neat and clean. A wrinkled suit looks no better than a ripped pair of jeans. Generally speaking, revealing or tight clothing is a no-no. You should save flip-flops, shorts and tank tops for the weekends. Preparation and dressing choice is valuable in its own right. Being well prepared and professional will make you more confident in your career for the long run.

*“Discipline is for professionals.*

*Motivation is for amateurs.”*

— J.R. Rim

### **Be Optimistic.**

Try to Stay Positive. A positive attitude in health care professions can also impact actual job performance. From dealing with stressors of the job, to crafting creative solutions to problems, to managing interpersonal relationships with co-workers, having a positive demeanour is advantageous on many levels. We tend to be more productive and inclined to do our best when we have a positive attitude even towards undesirable assignments. Let’s be fair. If you find yourself feeling negative more often than not, it’s time to analyse the situation and find a solution.

*There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative.*

*Being Positive. No one likes a constant pessimist. Having an upbeat attitude and trying to be a problem-solver makes a big difference*

*“You don't need to change the world; you need to change yourself.”*

— Miguel Ruiz

### **Don't Be a Grump**

Profanity does not work in health care organization. Swearing, cursing or cussing—whatever you call it—has no place at work, particularly if those who you might offend are present. Leave your bad mood at the door when you come to work. We all have days when we aren't feeling our best. Remember not to take it out on your boss, your co-workers and especially your customers. Always to be polite, and you have to know when to use "special" words. Rude words don't make you more powerful, they only move the focus from what's important generally found that swearing was a cheap way to try to connect and communicate.

*“It is professional snobbery that refrains training rookies.”*

— *Aniruddha Sastikar*

### **Offer To Help Your Colleagues**

A true professional is willing to help his or her co-workers when they are overburdened. He or she isn't afraid to share knowledge, opinions or simply an extra pair of hands. One person's success reflects well on everyone in his or her workplace. Be pleasant and polite to people, even if you don't like them. You share the spotlight with colleagues, take time to show others how to do things properly, and lend an ear when necessary. Be helpful, and do more than solely what is in your job description.

### **Don't Hide From Your Mistakes**

As hard as it may be to do, take ownership of your mistakes and do your best to correct them. Make sure you don't make the same one twice. Never blame others, but set an example so that those who shared in the mistake can step forward and admit it. Take work seriously. If you make a mistake or something doesn't go well, don't brush it off or use cavalier responses like "my bad." Accept responsibility for your part in what went wrong.

## **Honesty**

Don't Lie. No one wants to work with an untrustworthy person. Lying about a situation, no matter how small, will turn what could have been a small problem with an easy solution into a large problem with lasting ramifications. You are known for your consistent principles. Dishonesty never makes anyone look good. A true professional is always upfront. Treating people with disrespect, Keep them waiting unnecessarily, Steal their thunder by using their ideas without giving them credit, Say one thing then do the complete opposite. Break promises regularly makes a professional worthless.

## **Always Fight Fair**

You will inevitably have disagreements with your co-workers or even your boss. You may think that something should be done one way while someone else will believe another way is better. Don't let yourself get angry. No matter how upset you are or how strongly you think you are right, screaming isn't allowed, nor is name calling or door slamming. And, it should go without saying that physical attacks should always be avoided, no matter what. Calmly explain your opinion and be ready to walk away if the other person can't be swayed or if he or she begins to lose control.

“To be professional you need to be professional.”

— Jayelle Cochran

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