



BEN HUDNALL MEMORIAL TRUST

IN THIS EDITION:

- **FREE** Online Continuing Education Courses with CE Direct
- 'It Worked for Me': Erica Garcia
- Introducing Paulette Fried, BHMT's Newest Career Counselor
- Exploring and Creating Your Future at KP
- 3 Tips for Career Development
- Promote Yourself: Update Your Talent Profile



FREE Online Continuing Education Courses with CE Direct



Do you need Continuing Education Units (CEUs) to renew your license to practice in your clinical position? **Whether you're a Nursing or Allied Health Professional, you have access to thousands of no-cost options** ready whenever you are.

With CE Direct, you can utilize the **TOP-QUALITY** continuing education you need for your professional development and re-licensure, [certification reviews](#), and so much more! This program is designed to help you advance your knowledge, meet CE requirements, and provide better patient care.

Also available...

[Focused CE Series](#) from CE Direct are [multi-week blended learning events](#) that work like taking a virtual class. You can **earn you between 12-50 contact hours** depending on the topic, and at the end of the series, you will earn an overall certificate of completion. Each series includes weekly online study and webinars.



Registration Deadline: Please register **at least** 1 week prior to the beginning of each series.



Degrees & Certifications



'It Worked for Me': Erica Garcia

SCAL RN Shows How Ambition Can Take You Far

Current Position: Registered Nurse, BSN, CCRN, San Diego Medical Center, San Diego

Her Goal: To complete her Master's Degree in Nursing

How BHMT Helped: BHMT helped through the use of the Stipend Program

Working as a Registered Nurse, Erica Garcia found the [Tuition Reimbursement](#) benefit through KP to be very helpful with her academic journey. With access to \$3,000 a year, it helped to alleviate the financial burden that many nurses face today. After hearing about the [Ben Hudnall Memorial Trust](#), Erica decided to also [take advantage of the Stipend Program](#), which allowed her to take time off from work to go to school and/or study. While in the program, she was able to arrange her schedule with her manager and did not have any trouble making it work. Now in a Clinical Nurse

Specialist Program, she is on her way to obtaining her master's degree with less than 1-year left to complete.

With so many academic achievements underneath her belt, Erica is planning to also take advantage of the [computer courses BHMT offers through New Horizons Computer Learning Center](#) to keep her IT skills sharp.

"It's crazy how much is available from BHMT," she says.

Being a proponent of life-long learning, she makes sure to spread the word about the Trust especially with her

[Subscribe](#) to our email list

Erica's next goal is to complete her Master's in Nursing. She also wishes to use the tools and knowledge she has gained through school within her current role. "I want to make a difference in Patient Care and continue to move the nursing profession forward," she says, "I am very excited to see my growth."

Congratulations, Erica!



Introducing Paulette Fried, BHMT's Newest Career Counselor (GA)

"Let us realize that the privilege to work is a gift, that power to work is a blessing, that love of work is success."—David O. McKay

Paulette Fried is a graduate of the University of Michigan and holds a Master's Degree in Social Work from the University of Maryland. After pinpointing her own "right fit" career, she earned a graduate certificate in Career Education and Counseling from California State University, Northridge. Paulette is a Board Certified Coach and Nationally Certified Career Counselor who resides in Atlanta.



As a [GA BHMT Career Counselor](#), Paulette is available to assist you with evaluating and planning their KP career opportunities and direction. She serves as a "hub" for accessing educational programs, corporate development resources, information, and tools and helps tailor professional development plans to each person's needs and industry trends. She is able to guide individuals through every aspect of career planning and development:

- Self-assessment (aka "career testing"),
- Job identification and exploration,
- Networking and information gathering,
- Goal setting and action planning,
- Self-promotion, including resume writing,
- Job interviewing,
- and Career Management once the goal is met.

If you're not sure what sparks your interest or how to find it, [consider meeting with Paulette](#). Her goal is to support you in identifying and making choices that will optimize your career satisfaction and bring you success.

Exploring and Creating Your Future at KP

Thursday, March 2

8:30 a.m. – 5 p.m. ET

GA Regional Offices - Bldg. 11, 6th Floor Conference Room
2405 Piedmont Rd., Atlanta, GA 30305

[Subscribe](#) to our email list

This program is designed to help you explore your knowledge, skills, abilities, interests, values, and experiences and identify career options. Through personal assessments, and class discussion and lectures, you will learn about your skills, interest, values and personality.

Identify career options that fit you, explore your five-year career plan, review and modify your resume in preparation for future job opportunities, and practice the basic skills in the behavioral interviewing process.

Presented by Darlene Martin and Paulette Fried, BHMT Career Counselors, GA

3 Tips for Career Development

Why is career development critical to your success?

Research finds that people who develop and implement strategies to pursue career-specific goals achieve greater success as measured by salary, promotions, and level of responsibility. A successful career plan helps people utilize their core strengths and discover their true calling. It can also help you manage the direction you want your career to go in, the skills and knowledge you will need, and how you can get them.



A **career development plan** will help you discover a career you are passionate about and help you create a strategy that will prepare you for a successful future. Here are 3 ways to **prepare for your career development**:

- **Create a Career Plan:** The first step to mapping your future success is determining the end destination. Plan to review your career goals annually to determine if you still desire the ultimate objective in your plan. Don't be afraid to aim high. Remember, you can change your goal or career path at any time you choose.
- **List Small Goals:** Setting goals gives you long-term vision and short-term motivation. It also focuses your acquisition of knowledge and helps you to organize your time and resources.
- **Pursue Training and Education:** Research your career goals and determine the education and training needed for your ideal position. List the courses, training programs or degree requirements you must complete in order to obtain your career objectives.

Career planning is a way of making the best use of your current situation and foreseeable opportunities. Given that unpredictable events and changes can occur over time, view your plan as a guide and allow space for adjustments and changes to your approach. It takes time and energy, but it pays off in huge dividends, happiness, and a bright future.



If you would like to begin the process of developing your career, [please contact your BHMT Career Counselor](#). *Presented by Robin Kelly, BHMT Career Counselor, MAS*

Promote Yourself: Update Your Talent Profile

What's a talent profile? It's where you can share your job skills, accomplishments, and basics such as your preferred name and contact information with [KP managers on MyHR](#) and [recruiters](#).

"Checking this information on your smartphone or computer at least once a year—and updating it whenever you have changes—is a smart move," says SCAL BHMT Career Counselor Michele DeRosa, "It's up to all of us to manage our own careers, and having an up-to-date profile is a part of that. It's a way to demonstrate your



Like BHMT on Facebook and follow us on Twitter!

Connect with BHMT via [Facebook](#) & [Twitter](#) to stay up-to-date on latest events, news, webinars, and more!

Need Career Direction? Contact Your BHMT Career Counselor

Are you aware of your free and confidential career counseling benefit? Your regional career counselors are available to help you with career goal setting, education planning, and job search assistance. No matter where you are at KP, it's useful to explore your professional development.

Contact Your Georgia region Career Counselors:

DARLENE MARTIN: Darlene.F.Martin@kp.org, (404) 556-7140

PAULETTE FRIED: Paulette.L.Fried@kp.org, (404) 386-5010

Established in January 2007, the Ben Hudnall Memorial Education and Training Trust provides career counseling services and resources to education and training programs across Kaiser Permanente Regions.

Office of the Ben Hudnall Memorial Trust

1800 Harrison Street, 15th Floor | Oakland, CA 94612 US



[Subscribe](#) to our email list