As a nurse and an executive recruiter, Kim became increasingly aware of the “revolving door” of nurses in acute care facilities. After interviewing hundreds of nurses, Kim noticed a common theme was emerging. Nurses were expressing signs and symptoms of Compassion Fatigue, a debilitating phenomenon that is caused by years of built up emotional residue. By combining her passion for nursing, fitness and coaching as well as her extensive research on the science of self care, Kim created the components of Self Care Academy, LLC, a comprehensive program that is dedicated to improving employee engagement, relationships with peers and creating an optimum healing environment for patients. Through monthly coaching sessions, active participation and learning various modalities of self care and stress reduction, the SCA program creates a lasting behavioral shift that is documented by measurable metrics. “Caring for the Caregiver” classes emphasize that self-care is not “self-ish”, and why routine, proactive self nurturing and “filling up our reservoirs” are essential to giving our best to those around us.

Kim was honored to be on the cover of Nurse Leader, April 2007 as the “Leader to Watch”. Kim authored a chapter on “Nurse Entrepreneurship: Braving the Deep” in Stringing Pearls, a book that highlights the personal journeys of twenty one of the nation’s outstanding nursing leaders. Kim authored several chapters in the Sigma Theta Tau publication, 101 Global Leadership Lessons for Nurses in 2009. Kim is currently authoring several chapters on the importance and impact of sustainable self-care in Dr. Jean Watson’s new book to be released later in 2010.

As well as offering workshops, Kim is an inspirational keynote speaker for hospitals, nursing organizations and national conferences, including The American Staffing Association (ASA), The National Association of Personnel Services (NAPS), American Society of Healthcare Human Resources Administration (ASHHRA), The Association of California Nurse Leaders (ACNL) and the Association of Women’s Health, Obstetric and Neonatal Nurses (AWHONN). She is an active member of the Association of Nurse Executives (AONE), the National Association of Women Business Owners (NAWBO), the American Holistic Nurses Association (AHNA), and is a certified fitness instructor with the American Council of Exercise (ACE) and serves on the leadership faculty of the Colorado Center for Nursing Excellence. Kim lives in Colorado with her husband and three dogs. Kim enjoys a very active lifestyle of hiking, biking and skiing in the Rocky Mountains. She teaches aerobics, spinning, kickboxing and yoga. She enjoys traveling, volunteering, reading and encouraging others to create their best life without limitation.