**CONFERENCE SPEECH**

**FOR**

**PATRICIA FLYNN**

Hello everyone and welcome!!! (**If there’s anyone in particular you’d like to acknowledge for organizing the event, you can do that here**). I would like to thank \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. To all of our colleagues, leaders, and distinguished guests, I would like to acknowledge you for being here, for expressing your interest and commitment to our mission and purpose here at Northwell Health, and most of all, for showing your dedication and determination in strengthening your own professional... **AND** personal investments in health and well being. I am confident that, as we work together, we will find ways to discover valuable information and implement important, proactive initiatives that continue to strengthen and perpetuate best practices for ourselves, our loved ones, and the communities that rely on us to shine the light of innovation, awareness, and increasingly effective wellness solutions.

It’s a distinct honor and privilege to have this chance to open this conference... to set the tone...and to begin the thought process that will lead to proactivity in all facets and phases of the work we do. The concepts that keep us effective in our professions and in our lives are interest, involvement, and initiative. There’s an old expression that I imagine most of us have heard and I want to share it... mainly because it acts as a bellwether to how far we have advanced as a society... “Those who can, **DO**. Those who **CAN’T**, teach....”. You know what??? We have evolved from that limited point of view, and this conference is the proof of that. Each one of us has the capacity and capability to keep an open mind, lead by example... to plumb the depths of what it will take to improve the quality of our own lives and to share those revelations, discoveries, and implementations in ways that really count... for our **SELVES** and for those that look to us for guidance and direction.

Luckily, for us, we are at the forefront of healthcare. We have the potential to lead by example...to demonstrate that by committing to, and supporting the quality of our own lives, in turn, we can inspire, motivate, and encourage others to consider paying greater attention to their own well being... not with dogma, but with compassion. Major, positive, fundamental shifts and innovations in the healthcare industry are occurring at a global level, but we have to keep in mind that, like an onion, as we peel back layers of issues and challenges, more puzzles beg to be solved. It is only when we, personally, are aware, alert, and engaged, that we can bring our resources to improving conditions.... and they must.. continually be improved.

You’re all doing an incredible job.. you know how I know that?? You’re here!!! But you’re also here out of curiosity.. with a commitment to going deeper.... being more informed.. and in strengthening your own personal well being resources in order to encourage others to build their own arsenals of health and wellness. I’m sure we all read articles. listen to podcasts.. watch videos of people that have suggestions... sure fire ways to “feel better” and “do more.” I have a feeling that deep within us, to greater or lesser degrees, that voice in our heads chides us... “Yeah... how come **YOU** don’t do **THAT**??” (**Wait for the laugh**). Today, I am happy to stand here and tell you... “Your permission slip has been signed!!!” This conference is **YOUR** opportunity to explore new ideas and modalities in the field of wellness ... to find methods.. like meditation, healthier eating, discovering ways to relax, get better sleeping habits, nurture your souls.. all with the intention to **DO** and to **TEACH**.... to live and administer by **EXAMPLE**.

Today is about information exchange between all of us.. by attending the sessions we’ve designed and by networking and sharing your ideas with others. We are all in this together, and by “**all**,” I do mean **EVERYONE**. There is not one person who, wittingly, will avoid involvement with the health care system. We all need to be prepared, aware, and experienced.. and that starts with caring for our **SELVES**. That care involves education as well as setting realistic goals for awareness and personal improvement. It serves no one to overextend optimism or impose undue stress... Awareness of limitations and going beyond them... one step at a time, is also a form of self care. Even if, after today’s conference, you consider making, and commit to, one small improvement that will positively impact the quality of your well being, that’s great!!

What we have... what we are all partaking of, is a **WIN WIN** situation. We are here for encouragement... to recommit to fresh perspectives. The work you do all year long is incredible and each year, as foundations and systems are strengthened, the bar is raised. It is through your resilience and dedication that this work....and conference... is even possible. I am proud to be a part of this organization and enthused to have such resilient and motivated colleagues!!! Let the day begin!!! Thank you all!!