

IN PRECIOUS HANDS

NURSE CAREER SERIES



The How-To Guide *to Leaving Bedside*



A simple, empowering guide for nurses
ready to pivot, recharge, and begin again —
on your own terms.

WRITTEN BY

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20+ years in healthcare • Founder, In Precious Hands, LLC

YOUR NEXT CHAPTER STARTS
WITH ONE DECISION



WELCOME

This Guide Is Your Permission Slip

Leaving the bedside doesn't mean you've stopped being a nurse. It means you're ready to expand your skills, protect your peace, and step into the next version of yourself.

This short guide is designed to help you begin thinking differently about your future — and then take the first real step toward it. Read it in one sitting. Then come back to the worksheet at the end and put pen to paper. That's where change actually begins.

HOW TO USE THIS GUIDE

- 1 Read every section — it takes about ten minutes.
- 2 Circle or highlight anything that makes you feel seen.
- 3 Complete the My Next Chapter worksheet on page 8.
- 4 Take the one action you commit to — this week, not someday.



*Success has never been just about making more money.
It's about having the freedom to choose how I practice nursing.*

— PRECIOUS HOOVER, BSN, RN



PART ONE

Why So Many Nurses Feel This Way



If you're exhausted, questioning your future, or wondering if there's more to nursing than bedside care, you're not alone. Burnout, compassion fatigue, and changing priorities have many nurses searching for a different path.

Wanting more balance doesn't mean you've failed — it means you've grown. The nurse you were when you graduated made the best decision she could with what she knew. The nurse you are now knows more: about the work, about the system, and about what you're no longer willing to trade away.

Feeling this way is not a character flaw. It's information. And information is meant to be acted on.

“

*Wanting more balance doesn't mean
you've failed. It means you've grown.*



PART TWO

Exploring Your Why



Before you choose a path, get honest about the pull. There's a difference between what you're running from and what you're running toward — and knowing both keeps you from trading one wrong fit for another.

WHAT I'M RUNNING FROM

WHAT I'M RUNNING TOWARD

WHAT DO I LOVE ABOUT NURSING THAT I WANT TO KEEP?

WHAT DRAINS ME THE MOST AT BEDSIDE?

HOW DO I DEFINE FULFILLMENT NOW?

◆
— PART THREE —

Mindset: You're Allowed to Want More

◆

You are allowed to want better hours, better pay, a healthier lifestyle, and work that gives you energy instead of taking it away. Loving nursing and wanting something different are not opposites — they can exist together.

Read the permissions below out loud. Notice which one is hardest to say. That's usually the one you need most.

- I'm allowed to protect my peace without guilt.
- I'm allowed to earn more without apologizing for it.
- I'm allowed to use my license in ways no one showed me in school.
- I'm allowed to outgrow a job I once prayed for.
- I'm allowed to choose a path my coworkers don't understand yet.

*None of these permissions require anyone else's approval.
They only require yours.*

Career Paths Beyond Bedside

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Your license opens more doors than you may realize. Below are proven directions nurses take — pick ONE that pulls at you and begin researching it. Depth beats breadth; trying to pursue everything at once is how nurses stay stuck.

Nurse Consulting

Advise facilities, startups, or attorneys using your clinical judgment.

Telehealth

Assess and triage patients from home with flexible scheduling.

Legal Nurse Consulting

Review medical records and support legal cases.

Case Management

Coordinate care and advocate across the healthcare system.

Clinical Education

Teach the next generation of nurses and aides.

Quality Improvement / Compliance

Help facilities meet standards and pass surveys.

CPR & PCA Instruction

Certify others — recurring, schedulable income.

Family Care Home Ownership

Build a care business rooted in relationship-centered care.

*Choose one path and begin researching it
rather than trying to pursue everything at once.*



PART FIVE

Your First Five Steps



1

Decide what you want your life to look like.

Not the job — the life. Schedule, income, energy, family time. The job is just the vehicle.

2

Choose one career path.

Pick the one from Part Four that you keep re-reading. That pull is data.

3

Learn the requirements.

Certifications, experience, licensure rules. One evening of research replaces a year of wondering.

4

Update your resume and LinkedIn.

Translate bedside skills into business language: assessment, education, coordination, compliance.

5

Take one action this week.

Send the email. Book the class. Order the study guide. Progress begins with one decision.

WORKSHEET

My Next Chapter Plan

*Fill this out by hand. Writing it down is the
difference between a wish and a plan.*

THE LIFE I WANT LOOKS LIKE

(schedule, income, energy, time with the people I love):

THE ONE PATH I'M CHOOSING TO RESEARCH FIRST:

WHAT I ALREADY BRING TO THIS PATH

(skills, experience, connections):

WHAT I NEED TO LEARN OR OBTAIN

(certifications, requirements, mentors):

MY ONE ACTION THIS WEEK — WITH A DEADLINE:

Signed: _____ Date: _____

A PROMISE TO YOURSELF, IN WRITING.



A LETTER FOR YOU

Change is hard. It's uncomfortable. It asks you to believe in a future you can't fully see yet.

But you've already come too far to stay in a place that drains you. You didn't become a nurse to survive — you became one to make a difference.

Your next chapter doesn't start when everything is perfect. It starts the moment you decide you're ready for more.

I believe in you.

Go build the life you imagined.



With warmth,

Precious

PRECIOUS HOOVER, BSN, RN



THANK YOU



Thank you for allowing me to be a part of your journey. I created this guide from experience, prayer, and a deep love for nurses who are ready for what's next.

*Your next chapter starts
the moment you decide.*

STAY CONNECTED

More guides, mentorship, and resources for nurses
building their next chapter:

www.InPreciousHands.com

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