

PART - Our Attitude

There are times when our own attitude will aggravate or escalate an individual to become assaultive. We may be:

- cynical: believing that others only want to benefit themselves
- pessimistic: looking for the “bad” things instead of the good

Our attitude is in our control.

Key questions to ask your self are:

- What brought me to this job?
- What keeps me here?
- What are my attitudes towards my job and other individuals?
- Am I suited for the demands of this job?

We care for and treat people with a potential for, or a known history of, assaultive behaviour.

Ask: Why did you choose this career instead of choosing a job with less risk?

Possible Answers:

- People oriented
- Need a job
- Enjoy nursing, caring for others
- Challenging/rewarding
- Potential to make a difference
- Helping profession
- Humanitarian agency
- Married into it
- Like meeting needs of people
- Sense of worth
- Satisfying

As professionals, we are caring, kind, thoughtful, respectful...

Professionalism is taking responsibility for managing our mood, attitude and motivation.

a) **Mood:** refers to a feeling state.

- Mood affects performance.
- What causes your moods?
- The professional has control over the effect of mood on performance.

b) **Attitude:** is a habit of thought. Attitude is not something that happens to you, it is something you choose.

- Attitude affects performance.
- What do you choose as your attitude?

c) **Motivation:** is why you do what you do.

- Motivation affects performance.
- What is your motivator?

source: *Professional Assault Response Training (PART) program*®

Safety Talk Discussion

Be Accountable: Choose safety - work safe - and go home injury free!