



**RUBY L. WHALEN.
MSN/ED, RN, NC-BC**

**CERTIFIED IN
NURSING**

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Ruby L Whalen, MSN, RN, NC-BC, is a Clinical Educator working at NCH, a prominent pediatric hospital in S Florida and board- certified nurse coach in private practice.

She is dedicated to enhancing care and outcomes for patients with congenital heart disease, and has worked in this specialty for over 25 years. Ruby has been a direct care nurse, manager of a cardiac catheterization lab, nurse clinician and a research nurse serving this special population. She has co-authored several articles on the treatment of congenital heart disease, contributed to a book chapter on nursing care of the critically ill child, been an invited speaker at multiple conferences, and presented research posters at national and local nursing conferences. Currently she is a clinical specialist in the Heart Program at Nicklaus Children's Hospital. In this role Ruby fulfills her passion for providing nurses with the support they need to provide exemplary care for patients, and to create meaningful professional practice. She believes that in order to sustain excellent patient outcomes, nurses must have the support and resources necessary to thrive in their own practice. "When nurses know they are supported, work in healthy work environments, and derive deep meaning from what they do, exemplary patient outcomes and higher retention rates will follow."

Recognizing the need for nurses to create work-life balance, and to address the epidemic of burn-out and chronic illnesses confronting nursing and many healthcare professions, in 2017 Ruby formed eSential Self/ eSential Nurse, Inc. The vision of eSential Nurse is "that every nurse can practice their profession in an authentic, meaningful manner, with leaders that value the art of Nursing, and within environments that empower nurses to enhance their own well-being, and the well-being of the patients they care for." The mission of eSential Self/ eSential Nurse is to "help nurses and organizations create and sustain balance in life and work through environments that promote authentic nursing practice, meaningful self and professional development, supports resiliency, retention, and enhances patient outcomes." She offers seminars, on-site consultations, retreats for resiliency, professional and personal development, speaking engagements, individual and group coaching for nursing across the continuum of their careers, from students to seasoned nurses.

Ruby is also passionate about helping people achieve wellness and to create a life aligned with their highest purpose and best selves. Through eSential Self, Ruby provides life and wellness-coaching, facilitates seminars, vision board workshops and retreats for wellbeing and personal growth, and offers integrative nursing modalities to promote personal wellness.

TOP

CLINICAL NURSE SPECIALIST & NURSE COACH

in Miami, FL

EDUCATION

- MSN in Nursing and Healthcare Education
- Board Certified Nurse Coach

MEMBERSHIPS

- Association for Nurses in Professional Development
- American Nurses Association
- Florida Nurses Association
- American Association of Critical Care Nurses
- American Holistic Nurses Association
- National Nurses in Business Association
- International Transplant Nurses Society

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“Dedicating her life to providing high quality care, Ruby L. Whalen is a distinguished member of the Association for Nursing Professional Development, the American Holistic Nurses Association, the American Nurses Association, the American Association of Critical-Care Nurses, the International Transplant Nurses Society, and the National Nurses in Business Association.”