



PUSH

Pause

for Case Management Leaders

**Inspire & Unite Your Team with
Short, Powerful Videos**



Did you know

the Commission for Case Manager Certification (CCMC) has a collection of over **50 insightful 2-minute motivational videos** called ***Push Pause***, created specifically for case management professionals?



Case management is a complex, demanding and sometimes-draining field. This collection, ***Push Pause***, provides the motivation, inspiration, and practical wisdom you and your team need to thrive.

Push Pause can help you:

- Connect on a deeper level with the case managers you lead
- Become a better leader
- Spark joy in your profession

This, in turn, allows you to cultivate better case managers and build a more cohesive team.



As you look for ways to nurture and motivate your team, select a two-minute video to inspire and encourage a break from the ordinary.

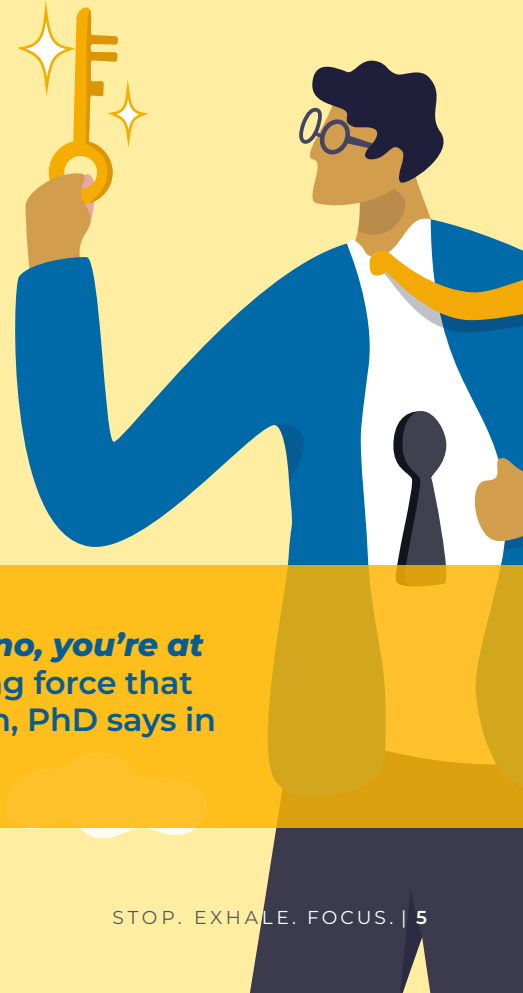
Explore the ***Push Pause*** series today
and start unlocking the potential of
your case management team—and
of yourself.



Unlock Your Team's Potential

Each *Push Pause* video brings perspectives and wisdom from leading voices in the industry—all in under two minutes.

As a leader, you understand how self-care and inspiration are essential to professional success. Use *Push Pause* videos to offer your team of case managers a moment of reflection and revitalization.



“You are not just responding to change. *Oh no, you’re at the forefront, leading it.* You are the driving force that ensures progress,” Chantrise Sims Holliman, PhD says in one of her *Push Pause* videos.

Each speaker brings a unique perspective, addressing themes of:

- **resilience,**
- **commitment to clients,**
- **change management, and**
- **personal growth.**

These videos not only inspire—they provide actionable advice for applying these insights in both personal and professional settings.



Building Better Teams

with *Push Pause*:
A Step-By-Step Guide

Accessing the ***Push Pause*** series is easy. Visit ccmcertification.org/center-stage/push-pause-videos and select a video from the CCMC website library. Pick one that resonates with where your team is today or addresses a particular need. Or just pick one that sparks joy. All videos are hosted on YouTube and can be shared or embedded in a presentation.



How you use them is up to you,
but here are a few ideas to get
you started.



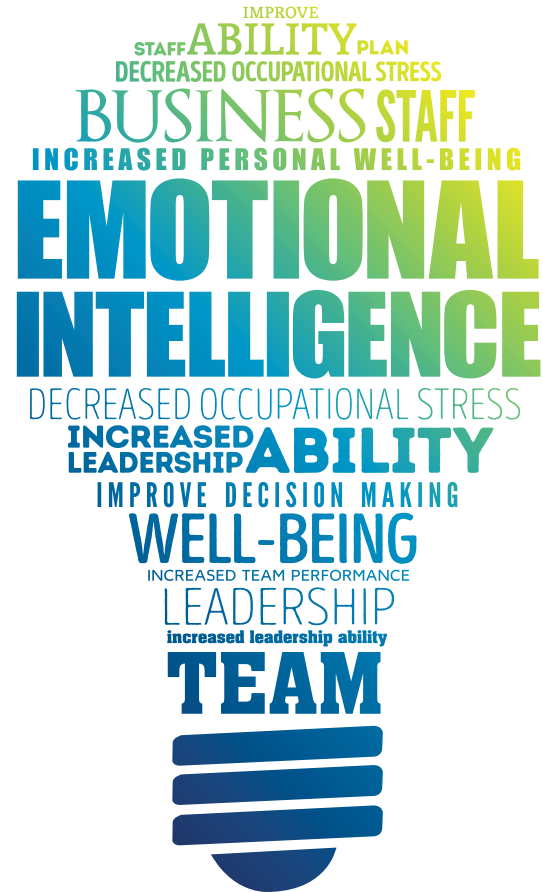
Team Meetings and Training Sessions:

- Integrate the videos into on-site or virtual training to emphasize soft skills like resilience, stress management, and empathy.
- Use the videos as a basis for team discussions on personal growth, professional challenges, and strategies for better client management.






Leadership Development:

- Encourage people in your organization to use these videos as a tool for self-reflection and to enhance their leadership skills.
- Use the videos in mentoring sessions to discuss and develop key leadership qualities like resilience, adaptability, and emotional intelligence.



Self-Care

& Personal Growth:

-  Use the videos regularly for motivation and to remind yourself of your worth, both personally and professionally. Use it as an opportunity to evaluate your goals, challenges, and areas for personal development.
-  Also use the videos regularly to motivate and remind your team of their worth, both personally and professionally, using the videos as an opportunity to evaluate their goals, challenges, and areas for personal development.
-  Implement the techniques and insights from the videos to better manage stress and develop effective coping strategies. These videos can bolster emotional intelligence and overall well-being.



Building Support Networks:



- Share the videos with friends and colleagues to encourage valuable discussions and strengthen your support network.
- Apply the insights in community discussions or support groups to improve your social connections and foster a sense of belonging.

Reflect, Connect, Act:

**Questions to Go
Deeper During
Team Discussions**

Use the following questions to facilitate conversations and engage your team after watching a ***Push Pause*** video. You can also use these questions for self-reflection.

What was the key message or takeaway from this video for you? How can it be applied to our/your situation?

Which part of the video resonated most with you?

What (if any) personal changes do you feel inspired to make after watching this video?

Can you think of a recent situation where applying these insights could have led to a better outcome?



How might others interpret the message of this video, and what perspectives can we gain from that?

Based on the video's message, what goals can we set for ourselves as a team for the next (week/month/quarter)?

In what practical ways can we embody the principles of [topic of video] in our daily interactions and decision-making processes?

Explore the *Push Pause* series today. Let these videos spark transformative conversations that lead to better teams, better case managers, and ultimately better outcomes for our clients.

How can we motivate each other to apply these lessons in our work environment?

What are some ways we can share our successes and lessons learned about [topic of video] within our team?

What challenges might we face in trying to embody [topic of video], and how can we proactively address these?

Meet The Voices Inspiring Change

Each *Push Pause* video reframes challenges into opportunities and offers ways to transform the grind into grace. Who is offering this inspiration? **Meet our speakers:**





**Wendy Lynch,
PhD.**

Wendy Lynch, founder of Lynch Consulting and co-founder of Get to What Matters, LLC, has a 35-year career bridging human and business performance. A research scientist with a flair for translating complex concepts into actionable insights, Dr. Lynch has worked with Fortune 100 companies, held faculty positions, and authored numerous publications. Her focus lies in applying big data solutions in human capital management, making her an invaluable voice in understanding the intersection of data, performance, and human motivation.



**Chantrise Sims
Holliman, PhD.**

As the CEO of Disturb the Universe, LLC, **Chantrise Sims Holliman** is a beacon of resilience and hope. Her journey as a partial paraplegic and bilateral amputee has not hindered her; instead, it has fueled her mission to empower women to overcome obstacles. An award-winning former educator, TEDx speaker, and recognized influencer, Dr. Sims Holliman's message focuses on transforming fear and failure into faith and triumph, making her an inspiration for anyone facing life's challenges.



April Lewis

April Lewis, an Executive Coach, Certified Health Coach, and U.S. Army veteran, offers a unique blend of military discipline and personal development skills. At the A. Lewis Academy, she teaches professionals to manage stress and embrace change, enhancing their performance and resilience. Her experience as a Gold-Star Wife adds depth to her understanding of loss and resilience, making her insights particularly relevant for those facing stress and change in high-stakes environments.



**Andrew Shatté,
PhD.**

Founder and President of Phoenix Life Academy, **Andrew Shatté** is renowned for his work in resilience training. A celebrated speaker and psychologist, he has extensively researched motivation and resilience, identifying key factors and skills that define resilience. His work has influenced various sectors, including the corporate world and government agencies. Dr. Shatté's insights into the psychological aspects of resilience make him an invaluable resource for understanding and enhancing personal and professional resilience.

Our Commitment to Your Leadership & Team Success

At the CCMC, we recognize the unique challenges and responsibilities that come with leadership roles in case management. Your success and well-being, along with that of your team, are central to our mission. We believe that supporting leaders like you advances the overall quality of health care and client care.

Your growth as a leader, along with the advancement of your team, is integral to our shared goal of improving client outcomes. We at CCMC are dedicated to supporting you every step of the way.



More Resources to Develop Today's Professional Case Manager

CCMC has curated this additional collection of professional development resources to elevate your team's skills. For more professional development opportunities for your team, see the variety of educational opportunities below.



Certification 360™ Virtual Workshop: Invest in your team's professional growth with the Certification 360™ Virtual Workshops, a unique educational experience specifically designed for case managers. Offering this workshop to your team assists them in preparing them for certification with the most authoritative content. It also provides an opportunity to interact with industry leaders. This enhances their practice, rejuvenates your organization's training approach, and keeps your team abreast of the latest trends and insights in case management. Call us at (856) 380-6836 if you would like to sponsor one for your team.



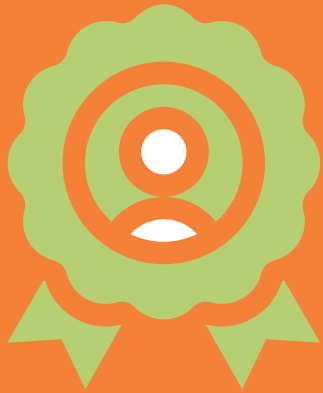
CCMC's CM Learning Network®: The premier learning hub for high-quality, client-centric case management services. Designed by the Commission to advance knowledge and expand learning opportunities, this network is a vital resource for keeping your team informed and ahead in the evolving landscape of case management.



Case Management Body of Knowledge®: A fast growing online subscription to foundational, core content relevant to case management. You gain access to 100+ CEs (including 14 Ethics CEs) as soon as you subscribe.



PACE™: Pre-Approved Continuing Education opportunities that can be used for recertification.



Are members of your team eligible to become **board-certified case managers?**

Empower your team's professional journey by encouraging them to **pursue the Certified Case Manager® (CCM®) credential.** This certification not only boosts individual careers but also enhances the collective expertise of your team. A certified staff brings a higher level of competency and recognition to your team, showcasing commitment to excellence in client care.

Explore the **CCMC Certification Guide** to understand the eligibility criteria for the CCM exam. Providing an opportunity for certification can be a significant step in fostering a culture of continuous learning and professional development within your team. Elevate your team's competencies in the field by championing certification.

“When you are working with your clients, you see the total person. You see a multifaceted human being that needs attention and support for more than just one area of their life. That’s not an easy job,” April Lewis says in one of her ***Push Pause*** videos.



About the Commission for Case Manager Certification

The Commission for Case Manager Certification is the first and largest nationally accredited case management certification organization, credentialing more than 50,000 professional case managers and disability management specialists. The Commission is a nonprofit, volunteer organization that oversees the process of case manager certification with its CCM® and CDMS® credentials. Offering an extensive portfolio of certification and professional advancement activities, the Commission is the most active and prestigious certification organization supporting the practices of case management and disability management. For more information, visit www.ccmcertification.org and www.cdms.org, connect with the Commission on Facebook or follow us on Twitter @CCM_Cert.

Commission for Case Manager Certification

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