

I had the pleasure of listening to a keynote address given by Cheewa James at the **Kaiser Permanente** Southern California Annual Nursing Symposium held in April of this year. Possessed with a striking presence and an energetic speaking style, Cheewa captivated the audience by weaving her own Native American stories in the context of the workplace, finding wisdom and meaning in today's world. She was able to find the pulse of the audience and provide information that was relevant to their needs. Cheewa also supported several key points brought to light by other speakers and incorporated these concepts into her speech.

Cheewa tackled such issues as the handling of change, effective communication, and leadership. She provided guidelines for introspective thinking via the American Indian Wheel of Life, a fascinating look into the powerful use of symbols and their relationship to our inner selves.

I look forward to hearing her speak again.

—Dava Millar, RN, PHN Manager, Continuing Care Department, Kaiser Permanente