

Author Q&A

1. Why should nurses want to venture into content writing?

It doesn't require any additional education or training. Startup fees for a freelance content writing business are much lower than a traditional brick and mortar business. Nurses can replace income made at the bedside while working fewer hours.

2. What sets you apart from other nurse content writers who coach nurses to become content writers?

Every journey of a coach or educator is different. I am a PhD-prepared nurse who thought I had to achieve all the degrees to make more money, and I've learned that's not true. While I can't get my time back, I can help another nurse look at another way to leverage their license without going back to school to being a degree-collector like myself.

When you purchase my book you'll read more about my journey into freelance writing and the first year of ebbs and flows I experienced. Often times we don't hear about the challenges of starting something new, and I put some of those experiences in the book.

3. What are three takeaways from your book *The Write Remedy*?

1. You must learn how to market yourself as a nurse writer.
2. You should niche down as much as possible to focus on the specific content you want to be a subject matter expert in.
3. You are a business owner, so you have to think like one.

4. Why should nurses read your book?

It's short and gives a quick synopsis on how to get into content writing. It also provides the reader with some mistakes I made so the reader can avoid them.

5. Why did you write this book?

I was a nurse burned out from bedside nursing after only three years. I want to say that working night shift (knowing I am an early riser) played a part, but so did COVID-19. I needed to show nurses that their degree and license allows them to work in areas that don't always leave them feeling mentally, emotionally, and physically exhausted at the end of the day. And, with this book, I'm reminding nurses that our job is to protect the public. This includes prevention and keeping people out of the hospital. We can do that by educating people on various medical conditions on platforms with greater reach and large followings.

6. What surprised you the most as you wrote and researched this topic?

I didn't realize how many other nurses were doing this type of work already. Content writing as a nurse sounds unheard of until you do a quick search on LinkedIn. I also had to learn to think like a business owner. I make all the decisions, including how I will budget my time. There will never be someone to critique me on my work ethic or how I spend my time completing tasks. That's my responsibility now.

7. What do you think will surprise readers the most?

They'll learn that freelance content writing is just one of many ways nurses can use their license and their writing and communication skills to make more money in less time so they can get back to spending more time with their families.

8. How did writing this book change your life?

I see now that there is more than one way to impact the lives of others. When I left bedside nursing, I was craving the opportunity to provide patient education. Now I get to do that with content writing, but with a much larger and engaged audience.

9. What do you hope will come from you writing this book?

I hope other nurses feel empowered to find their niche in nursing, whether that's content writing, being a business owner of some sort, or some other non-traditional form of nursing, if that's what their heart desires. We need nurses at the bedside, but we're needed in other areas of healthcare as well.

10. What are you working on now?

I just released a course to give additional guidance to new and aspiring freelance health content writers. The course provides 8 modules with the tools and to-do lists to prepare a nurse or other healthcare professional to become a health content writer.