



New Year, New Goals: Setting Intentions for 2025

The start of a new year is a perfect opportunity to reflect, reset, and set meaningful goals for our work as patient and health care advocates. Whether you're a seasoned professional or just starting your journey, establishing intentions can help you stay focused, motivated, and impactful throughout the year.

Elevate Your Knowledge

The health care landscape continues to evolve. Commit to staying informed by attending webinars, completing continuing education courses, or diving into the latest research. Set a goal to attend [educational webinars](#) or read The Coalition of Healthcare Advocacy Organizations' special report, [The Critical Role of Patient And Health Care Advocates](#).

Strengthen Your Network

Building connections with other advocates can lead to collaboration, shared resources, and fresh perspectives. Attend networking events like our monthly [Let's Chat sessions](#) or connect with colleagues in the field to exchange ideas. Setting a goal to expand your professional network by five new connections this year is a great place to start.

Let's Chat is a NAHAC [member benefit](#).
We hold three open sessions a year and allow anyone in the profession to attend, but we'd love to have you join us. Our [membership team](#) is ready to answer any questions you may have.



Prioritize Self-Care

Advocacy is a gratifying profession, but it can also be emotionally demanding. It's essential to prioritize self-care by dedicating time to recharge through mindfulness practices, regular exercise, or simply taking a break when needed. Check out [The Practical Guide to Self-Care for Helping Professionals](#) for insight and tips. Remember, healthy advocates are the most effective advocates!

Enhance Your Practice

Consider areas where you can improve or innovate in your practice. Do you need better systems for managing client relationships? Could your communication with patients or providers be more effective? Choose one aspect of your practice to focus on and measure your progress throughout the year. NAHAC has [webinars and resources](#) to help you reach your goals.

As we move forward in 2025, remember that every goal we set and achieve helps us better support those who rely on us. Together, we can continue to elevate the health care advocacy field and make a lasting impact on the lives of patients and their families.

Here's to a year of growth, connection, and meaningful progress!