



# Professionalism and Ethics

August 29, 2025



# Hurricane Katrina





# What does it mean to be a professional?

---



What is the most professional  
profession?



# What professions are the most professional?

---

Between these two professions, when it comes to honesty and ethical standards, which of these fields do you view as having the highest ethical standard?

**Socrative.com**

**Campbell8179**



# How do we know what professionalism standards are?

---

Everyone has a code of ethics.



What makes this profession be perceived as more professional than the others?

---



# Maintaining Professionalism



# What can an individual do to maintain professionalism?

---

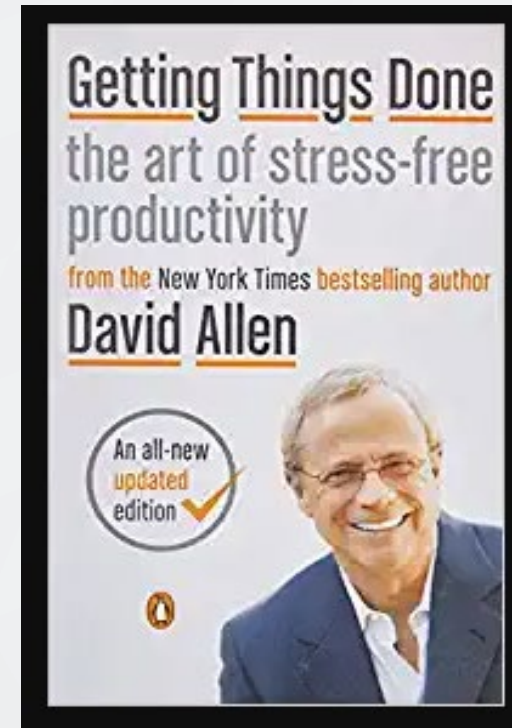
Character and reputation



Reducing Stress through  
efficiency



David Allen, *Getting Things Done: the art of stress-free productivity*





# Finding Balance



# What can an individual do to maintain professionalism?

---

Affirming Communities



# Practicing Gratitude



---

## Gratitude and resilience



# Incorporating Exercise





# Recognize Burnout



# Conclusion

---

THANK YOU!



[mc.edu](http://mc.edu)