

# 6 HOLISTIC SIDE HUSTLES FOR NURSES

Launch and Grow A Holistic Side Hustle To Earn Extra Income, Help others Naturally , and Create More Freedom in Your Life!



# Ready To Hustle?

Hey girl! I'm so pumped that you snagged this guide! 6 years ago when I started blogging, I had NO idea the opportunity that could open up from it! I simply blogged for fun on the side because it was a creative outlet and gave me so much joy! Over the years, I built an audience who enjoyed my message and slowly, but surely was able to turn it into a business that I LOVE!

If you're anything like I was, you were itching to make some extra income, but you didn't want to be picking up extra shifts in your toxic work environment! We both know it's decent money, but it leads to CRAZY burn out! And let's be real, you KNOW the extra shifts always end up being the WORST! So here's the deal. I'm going to keep this short and sweet.

Building a Holistic Nurse Side Hustle while working full time as a nurse was the SMARTEST thing I did! I started very slow. I dove into learning all I could. I stayed consistent, dove into fears (a lot of them), and my profit slowly, but surely began to grow! Today, I create blogs, sell online courses, create downloadable content, sell essential oils, and do consulting to coach other nurses down a similar path that I took (except I teach them how to get there a LOT quicker, actionable steps to take, and how to not make the mistakes I did)!

Growing a side hustle, well let me rephrase....Growing a PROFITABLE side hustle isn't easy. We're nurses. We're not taught the business and marketing that's required to successfully launch a business. It's a learning curve to launch, put yourself out there, and learn what it takes to generate a profit. Here's the deal, though. If I did it, YOU CAN DO IT TOO! It just takes starting and staying committed to learn! EVERYTHING is figureoutable.

I hope you enjoy these 6 Holistic Side Hustle Ideas!

# 1. Wellness Nurse



1. Workforce/Wellness RN – This is a position I started 3 years into my career as a nurse. Many staffing agencies out there hire nurses to work their Flu Shot and Wellness Clinics. Every company I worked for has always paid a flat rate across the board. In my case, it was \$25/hr. This was comparable to all of the other agencies out there. I get that that doesn't seem like a lot of money to some, but the low stress and easy work you're doing was totally worth it to me. I've had some friends work with doctors' offices during the flu season to do some PRN clinics and sometimes they pay more, but what I liked about working for the company I was with was that I could pick up whenever I wanted throughout the year.

It was very PRN but one of the best side hustles for nurses. I only did their wellness clinics and that consisted of doing basic finger sticks (checking cholesterol and blood sugar), blood pressures, height and weight, and BMI measurements. I traveled to different businesses throughout my city, and worked with a few other nurses at a 6 hour clinic. We educated the employees about their results (I really enjoyed this as a health coach) and gave them further instructions in regards to following up according to their numbers.

The wellness checks were about 15 minutes per person and I truly loved the interaction and education with each! Such a hidden gem to do on the side to make some extra cash. It was very flexible and PRN! Both Kaiser and Maxim Healthcare are two companies who I know hold these positions. They do Flu Shot Clinics too and are always in need during the Fall just FYI!

## 2. Health Coaching



2. Health Coaching – Health Coaching is one of the BEST side hustles for Nurses. Why? Because Nurses are natural advocates! They have a passion for helping people and they want to see people get well. For all of you natural minded and healthy nurses out there, this is a very under-shared position in our profession and one of the BEST side hustles for nurses! Health Coaching is a certified position so there are some prerequisites before you jump into it. However, you can check out "[The Best Health Coaching Certification For Nurses](#)" blog. This is the Certification I have!

Health Coaching is a process of walking alongside people, setting goals, and helping them succeed in their health journey. Many insurance companies hire health coaches to do "over the phone" assessments and check-in's. Some specifically look for Nurse Coaches. It's a fun nurse side hustle that allows you to walk alongside patients and clients in a unique way. You can also start your own little side business and start coaching friends, family, and their referrals for a smaller cost to start. When I started health coaching, I coached my friends and family \$100 for the month. It got me some good experience and testimonies under my belt to move forward in my business.

Certified Health Coaches charge anywhere from \$200-\$2000 for their service depending on their experience, packages, and clientele. It can be a really fun and flexible nurse side hustle to start making a little extra income on top of your nursing pay! It also allows you to be able to take a different and more natural approach to care, which I LOVE! I do [consulting](#) for nurses who are looking to make this shift and need a little more direction to get started!

# 3. Sell Essential Oils



## 3. Sell Essential Oils – YUP! Selling essential oils is one of the BEST side hustles for holistic nurses!

If you're truly passionate about oils (or wanting to learn), I think it's a very smart financial decision to become a brand ambassador for them if you are serious about growing a business! We have social media influencers sharing products that they love all day long and making an income with sponsored posts. Why not be an advocate of what you love too, and share that with your local network?!

I started working with **doTERRA** 2 years ago. I've always been a supporter and advocate of natural wellness. I started teaching essential oil classes online during the week through facebook and I would teach locally on the weekends at a coffee shop! You can download my FREE "Intro To Essential Oils" E-Book here to learn why I love them so much! Out of my I would focus a set amount of time on my "off days." I realized how much I loved it and continued to grow it! I started making over 1K a month after 9 months of starting my business. I cannot begin to tell you the freedom that an extra 1K a month can bring as a nurse (hello part time)! My income has grown significantly since then and I'd be honored to share with you **how I got started**

# Essential Oils Cont



As a matter of fact, it's the reason that I don't work full time now! It's truly given me more time and financial freedom and also an outlet to share what I'm truly passionate about. I think many people are quick to judge these kinds of businesses, because of the MLM reputation. The reality of it is, they are one of the best side hustles for nurses because of the flexibility, low start up cost, ability to grow online, and no legal startup. There are just a few pieces of advice I would give to anyone going into direct sales:

- **Research the company before taking someone else's word for it.**
- **Make sure that if you join ANY direct sales company that you realize YOU ARE STARTING A BUSINESS! Many people join and quit quickly thereafter because they think it's just going to happen magically! Be ready to grow, learn, get out of your comfort zone, and commit to the process of trial and error!**
- **Don't flood your social media with annoying product posts and calls to action. EDUCATE your potential customers and give them value. Share with them about your product and SHOW them it's value! People want to know why they need your product, not just posts about how to buy! I teach [How to Grow an Essential Oil Business on Instagram](#) the RIGHT and EFFECTIVE way!**
- **Make sure the person you enrolled with has the resources and team to support you! Many people jump on with someone who really doesn't know what they're doing either OR, that person who enrolled you isn't being led by someone who's done well in the business. Be sure that if you join with any company or "team", that they can support and train you well and have a history of success in your direct upline.**

## 4. Etsy Shop



4. Etsy Shop – I LOVE Etsy! For those of you who have never heard of Etsy, this is a site where people who create handmade goods can sell their craft! This is a very good side hustle for nurses! Back in nursing school, I made ID Badge Holders and sold them to nurses all over the US! I used to create them on my off days and it was extremely therapeutic! I charged about \$15 for each handmade badge! I made personalized ones and pre-made ones! It was such a fun creative outlet for me! The site is super easy to set up and very inexpensive to maintain!

If you are a soap maker, painter, poet, crocheter, jewelry maker, sewer, or anything of that sort and looking for a nurse side hustle, you can showcase your talents and work on Etsy and sell for profit! I seriously love this site and for all of you creative nurses out there, THIS is your sign to DO it!!!! Get that shop set up and start having fun! You NEVER know what it could turn into!

[Etsy.com](https://www.etsy.com) is how you get started!

# 5. Blogging



Blogging – This is a VERY fun side hustle for nurses who have a message they want to share! In the beginning, you won't be making a lot of money (if any at all), as your focus is essentially providing valuable and engaging content. If your blog and message is received well, you will begin to grow a community of followers. It takes time. The more valuable your content and the more followers that your message attracts, the more opportunity you will have to make an income blogging with affiliate links!

I will say this. It took me 4 years to monetize my blog! I did it in the beginning purely from my heart, not even a THOUGHT that I would make money. I truly believe that's what's led to its success and ability to make an income down the road. Blogging opens up opportunity not only to make affiliate income on your blog, but also to get yourself noticed, gain paid speaking engagements, the ability to work with nursing related industries, and paid guest blogging for other companies! Simply put, blogging opens up a lot of opportunity!

The key to successful blogging:

- Consistency- commenting to blogging weekly/bi-weekly
- Valuable Content- is your message relevant and/or unique
- Utilizing Social Media to Spread Your MessageEtsy.com is how you get started!

# Blogging Cont.



If there is one regret I have when I started blogging as a nurse, it was not reading Kati Kleber and Brittney Wilson's Book: "The Nurse's Guide to Blogging: Building a Brand" and a Profitable Business as a Nurse Influencer and taking their sister course [Nurse Blogging 101](#)! If you are considering blogging as a nurse side hustle, DO NOT pass over this course! Brittney and Kati have been mentors to me both as influencers and bloggers! The reason I'm able to blog full time and generate the income that I do is in GIANT part to their book, course, and knowledge

The reality is, no matter WHAT business you start, you are going to want to have a blog. Blog and Website will be used interchangeably because whether you're creating content weekly or you simply just have a page for people to land on to buy a product or service, this is all done within a blog. There's a TON you can do with it and [this course](#) is extremely helpful for nurses starting!

# 6. Nurse Coaching



Do you have a passion or love for an area within healthcare that you know can help others? Maybe you're a lactation consultant and you want to teach other nurses how to transition into the field? Maybe you have a passion for new nurses, and you want to help mentor them in their position? Or maybe you're really good with finances and you want to help teach nurses how to budget and gain financial freedom?

There are so many routes you can go with coaching and consulting. We need more nurse mentors and people who support this profession. I truly believe the more support this profession has from other nurses, the better it will be, No matter WHAT you have to offer!

Coaching and consulting can make anywhere from \$75-\$2000 per client depending on the package and options they choose! Consulting is a cool role because you get paid for your expertise and guidance. ANYONE who has a pretty good grasp on an area, knows a lot more than someone new, and can SUPPORT and SHOW someone how to go after or solve a problem has the potential to be a mentor/coach/consultant. Brainstorm and think about what that could be for you?

Health Coach?

Life Coach?

Educator?

Your expertise and time is needed and valuable! Try it out doing it for free with some people you know. Get feedback to tweak your approach and testimonies to share for future clients! Take polls on social media to see if people are interested! Once you know what you want to be doing and have testimonies to share, you can start marketing your services!