


# Leadership Life Lessons

Self-Management for the  
CEO in YOU!

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**CHAPTERS**  
HEALTH SYSTEM™

GOOD SHEPHERD HOSPICE • LIFEPAATH HOSPICE  
NURSING HOME DIVERSION • PACE • PALLIATIVE CARE

## Life Leadership

- **BALANCE!**
  - Vision and Reality
  - Results and People
  - Professional and Personal



**Head  
& Heart!**



**CHAPTERS**  
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## Leadership

- Is not a position!
  - *“Leadership is an art expressed by the demonstration of characters worthy of imitation, emulation and inspiration. It is neither a title nor a position.”* - Israelmore Ayivor
- First you lead yourself! Then others!
  - *“The first and best victory is to conquer self.”* Plato
  - *“Mastering others is strength. Mastering yourself is true power.”* - Lao Tzu
- Self-Awareness
  - What my Daddy taught me!



## Goal & Objectives

- Discuss leadership through the lens of a holistic paradigm comparing and contrasting three current models.
- List 5 leadership life lessons and examples of each for one's personal and professional life.
- Identify one 'leadership life lesson' and possible interventions to utilize immediately in your own life.

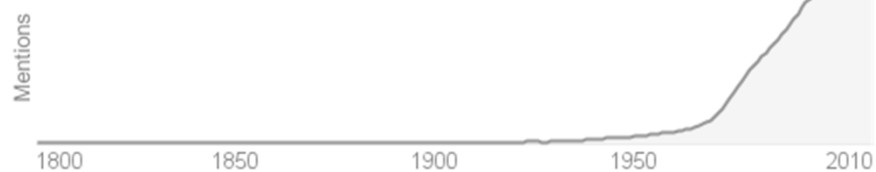


# Holistic

- Defined
  - Characterized by comprehension of the parts of something as intimately interconnected and explicable only by reference to the whole.
- In medicine
  - The treatment of the whole person, taking into account body, mind, spirit and emotions, rather than just the physical symptoms of a disease in the quest for optimal health and wellness.
  - Optimal health by *gaining proper balance in life.*



# History of 'Holistic'



## Holistic Nursing Care

- “All nursing practice that has healing the whole person as its goal” (*American Holistic Nurses’ Association, 1998*).
- This practice recognizes the totality of the human being - the interconnectedness of body, mind, emotion, spirit, social/cultural, relationship, context, and environment.
- **The practice requires nurses to integrate self-care, self-responsibility, spirituality, and reflection in their lives.**

***“Holistic care is not necessarily something that you do: it is an attitude, a philosophy, and a way of being.”***



## Holistic Leadership

- Whole Person Paradigm, *Stephen R. Covey*
- Emotional Intelligence, *Daniel Goleman*
- Wholehearted Living, *Brene Brown*



## Evolution

- Industrial Model - people are treated as things
- Global Knowledge Economy - the source of highest value is the creative engagement of the whole person: body, heart, mind, and spirit
- Success as a leader requires that we:
  - Recognize that the highest contributions are volunteered each day by people who could easily choose to go somewhere else.
  - Create a place where people want to stay and in which they are enabled to offer their best.

Stephen R. Covey, *The 8<sup>th</sup> Habit*, 2004



## Whole Person Paradigm

- **Mind** – *Use Me Creatively*
- **Body** – *Pay Me Fairly*
- **Heart** – *Treat Me Kindly*
- **Spirit** – *In serving human needs in principled ways*



Stephen R. Covey, *The 8<sup>th</sup> Habit*, 2004



## Emotional Intelligence

- *"Leaders who can stay optimistic and upbeat, even under intense pressure, radiate the positive feelings that create resonance. By staying in control of their feelings and impulses, they craft an environment of trust, comfort and fairness. And that self-management has a trickle down effect from the leader.*

— Daniel Goleman, *Primal Leadership*, 2013



## E.I. Competencies & Skills

- *Personal Competence:*
  - **Self-Awareness** is your ability to accurately perceive your emotions and stay aware of them as they happen.
  - **Self-Management** is your ability to use awareness of your emotions to stay flexible and positively direct your behavior.
- *Social Competence:*
  - **Social Awareness** is your ability to accurately pick up on emotions in other people and understand what is really going on.
  - **Relationship Management** is your ability to use awareness of your emotions and the others' emotions to manage interactions successfully.

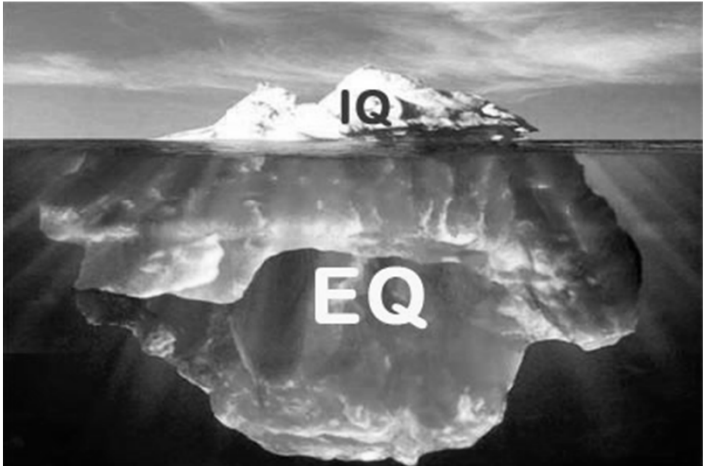



	WHAT I SEE	WHAT I DO
PERSONAL COMPETENCE	SELF-AWARENESS	SELF-MANAGEMENT
SOCIAL COMPETENCE	SOCIAL AWARENESS	RELATIONSHIP MANAGEMENT


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*Emotional intelligence is made up of four core skills.*

Travis Bradberry, *Emotional Intelligence 2.0*



The image shows an iceberg floating in the ocean. The small tip of the iceberg above the water surface is labeled "IQ". The much larger, submerged part of the iceberg below the water surface is labeled "EQ".



## Wholehearted Living

- “Wholehearted living is about engaging in our lives from a place of worthiness. It means cultivating the ***courage, compassion, and connection*** to wake up in the morning and think, “No matter what gets done and how much is left undone, I am enough”. It’s going to bed at night thinking, “Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn’t change the truth that I am worthy of love and belonging’.” – Brene Brown, *The Gifts of Imperfection*, 2010



## Guideposts

### Cultivate

1. Authenticity
2. Self-compassion
3. Resilient Spirit
4. Gratitude and Joy
5. Intuition and Trusting Faith
6. Creativity
7. Play and Rest
8. Calm and Stillness
9. Meaningful Work
10. Laughter, Song and Dance

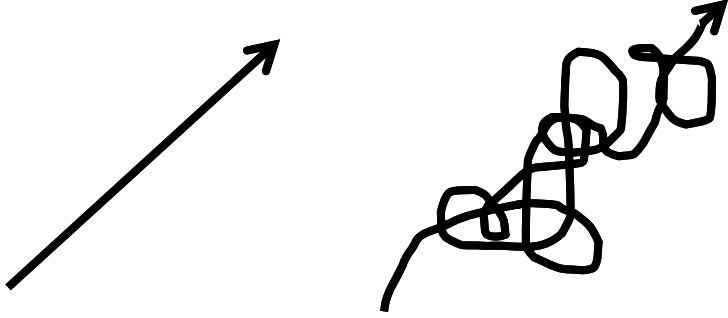
### Letting Go Of...

1. What people think
2. Perfectionism
3. Numbing & Powerlessness
4. Scarcity & Fear of the Dark
5. The Need for Certainty
6. Comparison
7. Exhaustion as a Status Symbol & Productivity as Self-Worth
8. Anxiety as a Lifestyle
9. Self-doubt & Supposed To
10. Being Cool & Always In Control






## Cycle of Success



**What we think it looks like...**      **What it actually looks like!**



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## 5 Leadership Life Lessons

1. Be You!
2. Love the Gray!
3. Get Over Yourself!
4. You are the Expert of You!
5. All this Will Change!



CHAPTERS  
HEALTH SYSTEM™

# Believe In Yourself!



## 1. Be You!

- I 'should' be a nurse!
  - At the very least a Social Worker
  - Belief in scarcity
- A reason there is a Team!
  - Need all strengths!
  - Snowflakes & Fingerprints!
  - Be Here Now!
    - Presence with Patients & Families
    - Heart of palliative care

**YOU are the  
Greatest Gift  
YOU have to  
offer  
to the World!**



## Where to Begin?

- What are your limiting beliefs?
  - Is that true?
    - Arguing with reality = Suffering
  - Affirmations
    - I am now, in this moment, all that I need to be!

*Lovewell Institute for the Creative Arts*

- 360
- Gratitude for YOU...
  - Celebrate – Judi story
  - Credit where credit is due!
  - Moment, Day, Month



## 2. Love the Gray!

- Does your life look ANYTHING like you thought it would when you were a child?
  - NOT Black or White, NOT All or Nothing..... BOTH/AND!
  - Good Girl/Boy, Son/Daughter, Spouse Syndrome!
- Suffering is optional!
  - Survive - Strive – Thrive
  - Love the adventure that life is! – Dance through it ALL!



## Where To Begin?

- Choose the gray!
  - Too often we believe our lives must ‘look right’ before we can be happy
    - THE RIGHT job, friends, partner, money, body – then our lives will start!
    - And to get these things you must do everything RIGHT!
  - Travel example
- Identify the gray!
  - In your own life! - Regrets & Jordan Example
  - In someone else’s – Value that brings to you!



## 3. Get Over Yourself!

- The Sin of Comparison
  - You never know...
    - Facebook
    - Judi’s Example – YMCA
  - Don’t compare, Don’t compete, Don’t have to! Rule #1!
- The Sin of Worry
  - *“My life has been filled with calamities, some of which actually happened.”* Mark Twain
    - 85% of what we worry about *never happens*.
    - 79% of us handle the 15% that does happen in ways that surprise us with our ability to turn the situation around.
  - Mathews & Wells, University of Cincinnati, 1990*



## 3. Get Over Yourself!

- The Sin of Independence
  - “Looks like power, strength and freedom, actually a wound based on fear and aloneness” – Robert Holden, *Shift Happens*, 2011
  - “The opposite of play is not work, it is depression.” – Dr. Stuart Brown, The National Institute for Play



## Where To Begin?

- Release yourself!
  - What rules do you have that no longer serve?
    - Get this in end of life care
  - Difference between Shame and Guilt!
- Live Wholeheartedly
  - Look at list & pick 3!
    - Self-compassion - ⊖ perfectionism
    - Play and Rest - ⊖ exhaustion as a status symbol & productivity as self-worth
    - Calm and Stillness - ⊖ anxiety as a lifestyle
- Lean In! – Interdependency Model

## 4. You are the Expert (of You)!

- Codependency
  - Your business, my business, God’s business - Byron Katie, *Loving What Is*, 2008
  - Bob Example - What is right....for Me!
- Blessing of Facing Fifty
  - In order to please yourself you will have to disappoint a few people.
  - *If you are not disappointing at least once person once a day, you are not choosing your best life!* – Cheryl Richardson, *The Art of Extreme Self-Care*, 2013



## Where To Begin?

- Clarify what is and is not Yours!
- Stop Explaining!
  - Lots of people are not listening anyway!
  - Speak your truth!
- Disappoint away!
  - The gift you give!
  - Be gentle, you have trained them into their expectations!



## 5. And This Will Change!

- Only thing certain!
- Robin - *Accepting What Is!* - process
- Not what happens in life, but our response to it.
  - Riptide Metaphor
  - Intention, Attention, No Tension – Chris and Janet Atwood, *The Passion Test*, 2007
    - Not about outcomes
    - Do you best, let the rest go



## Q & A



## In Closing...

*What would you  
attempt to do  
if you **KNEW** you  
could not fail?*



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