Leadership: Self Improvement and Personal Growth

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Leadership: Self Improvement and Personal Growth

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Leaders ... are the Creators of Their Lives

Followers ... let Life happen to them

Personal Development - Maslow

- Maintain the curiosity, attention and wonder you had as a child
- Be open-minded and try new things
- Be honest and be willing to risk unpopularity if you disagree with others
Use your intelligence and work hard at whatever you do

Find out who you are, what you want and what’s important to you

Don’t be afraid to open yourself up to new experiences

Take responsibility for your life and your actions

Key #1
Know what you know you don’t know

Perform a critical self-analysis

• What are your Strengths?
• What are your Weaknesses?
• What do you think?
• How do you think?
• Why do you do what you do?
Leadership Traits and Skills

- Natural talent
- Passion
- Determination
- Intelligence
- Charisma
- Experience
- Self-Awareness

...there is one quality that trumps all, evident in virtually every great entrepreneur, manager, and leader. That quality is self-awareness.

Lack of Self-Awareness

- Sleeplessness
- Imbalance
- Stress
- Loss of Control
- Lack of Motivation
Lack of Self-Awareness

- Missed Opportunities
- Mediocrity
- Dullness of Mind and Body
- Damaged Relationships

Self-Awareness

......the ability to think about yourself and your relationship with the world around you.

Key #2
Adjust Your Attitude(s)

The problem is not the problem; the problem is your attitude about the problem.

-CAPTAIN JACK SPARROW
You are what you think you are
What you think you are
You think you are
You

What you Think you Are

Reacting vs. Responding
Reacting...
- Is instantaneous
- Does not involve thinking and reflection
- Is the twitch

Reactive People are...
- Easily influenced by social environment
- Easily affected by circumstances
Reacting vs. Responding

Responding requires one to...
- Look at the circumstance
- Identify the situation & collect information
- Reflect then Act

Responders...
- Response is based on critical thinking and analysis
- Affect circumstances and influence people

“In the concentration camps...in this living laboratory and on this testing ground, we watched and witnessed some of our comrades behave like swine while others behaved like saints. Man has both potentialities within himself, which one is actualized depends on decisions but not on conditions.”

~Victor Frankl

Key #3
Build Relationships

- Choose valuable mentors
- Be a mentor to others
- Know how to network effectively and with whom
- Nurture the relationships that will bring lasting rewards
- Give even ‘tough ones’ reason to respect you
Key #4
Communicate Clearly

- **Nonverbal communication** deals with facial expressions and body motions
- 93% of “emotional meaning” we take from other people is found in the person’s facial expressions and tone of voice
- the other 7% is taken from what the person actually says

Communication

Problems with communication can occur at every stage of the communication process. To deliver your messages effectively, you must break down the barriers that exist in each of these stages of the communication process. If your message is too long, too complicated, is disorganized, poorly expressed, or presented too rapidly, you can expect the message to be misunderstood and misinterpreted. Use of poor verbal and body language can also confuse the message, or the message may become lost in the influx of a myriad of signals, sights and sounds.
Communicate Clearly

- test your communication skills

Communication

- Learn about the way you communicate with others
- Identify barriers you unintentionally create
- Make a positive first impression

Coloring Inside the Lines
Key # 5
Servant Leadership

“Good leaders must first become good servants.”

~Robert K. Greenleaf

The servant-leader is servant first... It begins with the natural feeling that one wants to serve, to serve first. Then conscious choice brings one to aspire to lead. That person is sharply different from one who is leader first...

~ Robert K. Greenleaf

Servant Leadership

Fundamental Beliefs

• Every person has value and deserves civility, trust, and respect.

• People can accomplish much when inspired by a purpose beyond themselves.
Servant Leadership

Fundamental Skills
- Be aware of how you impact others
- Pay attention to others
- Develop others
- Unleash the energy / intelligence of others
- Look ahead to ensure a future for all

Leadership is not about YOU
Your purpose is not about YOU
A life of significance is about SERVING
those who need your skills, your leadership, your purpose

IF YOUR ACTIONS INSPIRE OTHERS TO DREAM MORE, LEARN MORE, DO MORE AND BECOME MORE, YOU ARE A LEADER.

- JOHN QUINCY ADAMS
Key #6
De-stress

Eliminate Self-Sabotage
- Stress affects the subconscious mind
- The subconscious mind is powerful
- The subconscious mind causes a spiraling
- We often create our own circumstances through subconscious self-sabotage

De-stress
- Resist perfection
- Change your thoughts
- Let the uncontrollable go
- Opt for face-to-face communication
- Share the decision making
- Look for humor in the situation

Leadership:
Self-Improvement and Personal Growth
- Know what you know you don’t know
- Adjust your attitude
- Build relationships
- Communicate Clearly
- Be a servant leader
- De-stress
Your destiny is self-made

“There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self.”

~Ernest Hemingway

“When I let go of what I am, I become what I might be.”

- Lao Tzu

Thank you for your participation