

# Surviving and Thriving,

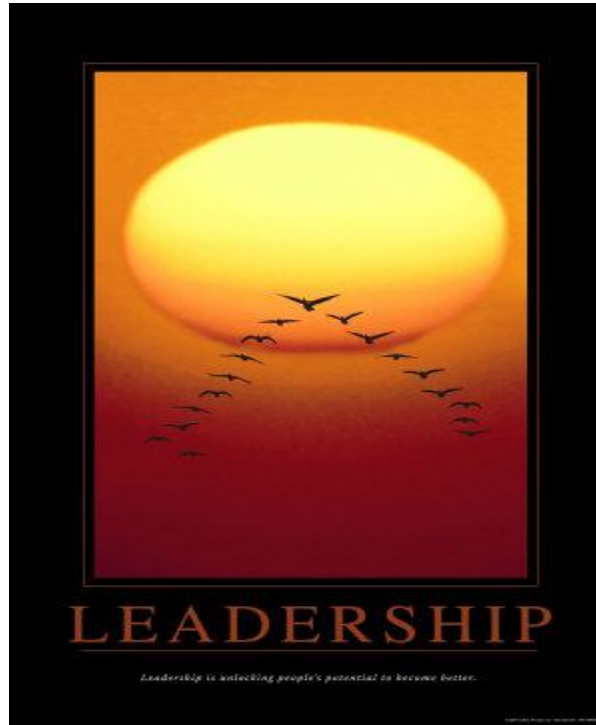
## Leadership From Within

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“Leadership is -

“Leadership is ultimately about creating a way for people to contribute to making something extraordinary happen”

# Leadership is not -

Leadership is not a role reserved for managers, directors, CEOs.

Every person has the capacity to be a leader.

Could you be a leader?

# PATIENTS -

- **P**assion – live with passion and commitment to your values.
- **A**ttitude - of responsibility. Ask how would I act if I were leading the organization?  
<http://www.youtube.com/watch?v=cRMOgDrHnMQ>
- **T**rust - give others the benefit of the doubt. Believe in them.
- **I**nnovation - look for new ways to solve old problems.

# PATIENTS cont.

- **Empathy** - be aware of others around you and their situations.
- **Nurture** - build healthy relationships with co-workers and patients.
- **Tact** -instinctively review the situation and put others at ease. “Tact is the ability to describe others as they see themselves.”  
**Abraham Lincoln**
- **Sincere** – listen to and with your heart.

Take a moment to think about a person or leader that has had a positive impact on you. What are their attributes or leadership qualities that you admire? Could you start to live some of these attributes?

# The ABC's - of leadership from within

The ABC's - of leadership from within. How to apply the PATIENTS theory!

- **A**uthenticity

- **B**elieve in yourself

- **C**ourageous

<http://www.youtube.com/watch?v=fW8amMCVAJQ>

- “To start Living the life of your dreams you only need to do ONE thing ... change your state of mind.” (Unknown)
- Happiness is not something ready made. It comes from your own actions. **Dalai Lama**
- “Let no one ever come to you without leaving happier.” Mother Teresa

# Taking the first step -

- What prevents you from being a leader in your work and life?
- What is one thing you can do today to be the leader you want to be?
- Who has control over you?

# Act now -

1. Accept responsibility
2. Be good to yourself
3. Be good to others
4. Be content not satisfied
5. Step into your best
6. Reach beyond anything you thought possible
7. ...

# “The 10 Human Regrets

1. You reach your last day and feel heartbroken that you never learned the skill of transforming adversity into victory and lead into gold.
2. You reach your last day without ever having experienced the natural power that inhabits you to do great work and achieve great things.

# The 10 Human Regrets, cont.

2. You reach your last day realizing that you never inspired anyone else by the example that you set.
3. You reach your last day full of pain at the realization that you never took any bold risks and so you never received any bright rewards.

# The 10 Human Regrets, cont.

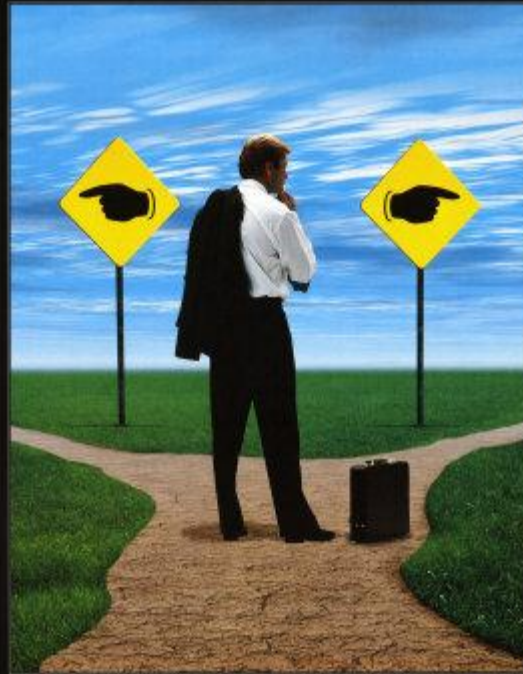
5. You reach your last day understanding that you missed the opportunity to catch a glimpse of mastery because you bought into the lie that you had to be resigned to mediocrity.
6. You reach your last day and feel heartbroken that you never learned the skill of transforming adversity into victory and lead into gold.

# The 10 Human Regrets, cont.

7. You reach your last day regretting that you forgot that work is about being radically helpful to others rather than being only helpful to yourself.
8. You reach your last day with the awareness that you ended up living the life that society trained you to want versus leading the life you truly wanted to have.

# The 10 Human Regrets, cont.

9. You reach your last day and awaken to the fact that you never realized your absolute best nor touched the special genius that you were built to become.
10. You reach your last day and discovered you could have been a leader and left this world so much better than you found it. But you refused to accept that mission because you were just too scared.”



# LEADERSHIP

A GREAT LEADER CHOOSES THE PATH OTHERS WILL FOLLOW.

# What does it mean

- You become loyal to your organization.
- Begin to know yourself. Examples: strengths and weakness of your character, knowledge, and skills.
- You begin to observe and know human nature. Examples: Human needs, emotions, and how people respond to stress.
- You know more about your job. Examples: be proficient and be able to train others in their tasks.
- ....

# Summary of Patients and ABC

- **P**assion
- **A**ttitude
- **T**rust
- **I**nnovation
- **E**mpathy
- **N**urture
- **T**act
- **S**incere
- **A**uthenticity
- **B**elieve in yourself
- **C**ourageous

Thank you

Questions?