



Tiffany Reber



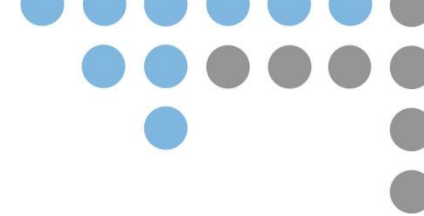
Heather Allen



Carla Midyett



Rachel Sadowski



Strengthening Your Leadership Core

Team 8 - Goal Getters



Epic Fails...

<https://www.youtube.com/watch?v=in1hwXytpfM>

Strengthening Your Leadership Core

ABS

- A: A Plan
- B: Buddy
- S: Stretching



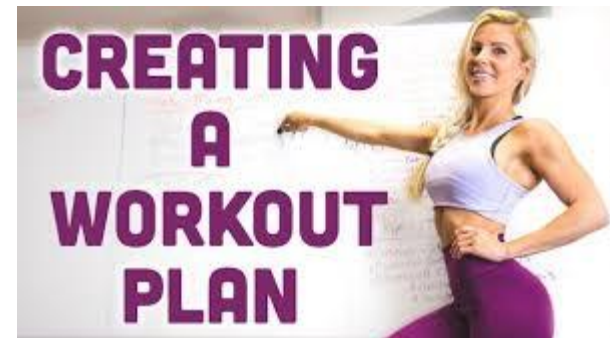


Mentimeter question #1

- <https://www.mentimeter.com/s/c48a132924eea56950de620f306ff8dd/7228a7bec66b/edit>

“A Plan”

- Having a plan for alignment of work/life priorities.
- Having a plan to increase our effectiveness.
- Having a plan to shift our mindset from Manager to Leader.



“A Plan” *Aligning Work & Life Priorities*

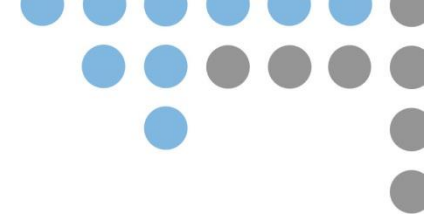
- Identify your top three priorities and track your time to determine how much time you spend doing things that don't matter or could be delegated.
- Respect and schedule your private time - An emergency would have to come up at work for most of us to reschedule a meeting. Schedule your private time and give it the same priority.
- Set boundaries and learn to say no - Turn off your cell phone and lap top at your son's soccer game and coach your family and friends not to call or text you during work hours. Don't acquiesce to every request that comes your way. If it doesn't fit in your schedule or align with your priorities, don't overwhelm yourself.



“A Plan” *Strengthen Effectiveness*

- Swap your task list for a defined schedule.
- Stay organized by having people and systems in place and make bad habits harder to indulge (technology).
- Learn to say “no” and stay focused on projects that have the highest impact.
- Tackle your most important tasks first - your motivation and energy are at a high point in the morning. Instead of starting your day by checking email (which can derail your plans as to what you intended to accomplish), wait a while to check email and stay focused on your most high impact projects.

Mentimeter Question #2

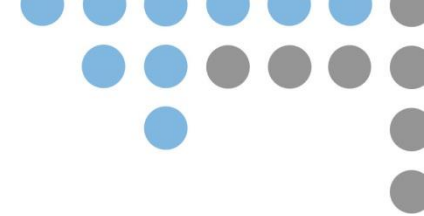


“A Plan” *Manager to Leader*

- Leaders manage their energy, while managers manage time and projects.
- Leaders Coach, while Managers Direct.
- Leaders are Catalysts, while Managers Maintain the status quo.
- If you’re not getting the results you want, it’s time to formulate “A PLAN” to shift your mindset from being a Manager to being a Leader. A quote by Kathy Austin summarizes it well, “Managers light a fire under people; Leaders light a fire in people.”



Mentimeter Question #3



“Buddy”

Studies show maintaining a workout program with others:

- Fewer skipped workouts
- Scheduling a gym session with a friend helps hold you accountable for getting your workout in
- Push yourself further
- Exercising with another person pushes you to do your workout and do it to the best of your ability
- Try new exercises
- Work out longer
- Recover together



“Buddy”

Nobody but nobody can make it out there alone. Maya Angelou



Hitting Partner



Coach



Peer and Best Friend



Agent

I have found the concept of “doing it yourself, but not doing it alone” exceptionally helpful to me personally, to our Women Unlimited participants and to organizations as a whole. Rosina

“Buddy”

Strengthening Your Leadership Core

Individual Benefits

- Create networks that keep one informed about the organizational landscape and their role played it in.
- Leveraging their talents and skills to positively impact the organization.
- Open up to new opportunities for success.
- Seek out career advancing feedback from managers- to take on assignments and projects which allows more visibility to the Corporation’s movers and shakers.

Benefits to the Organization

- Companies begin to think in new, often profitable ways. They are able to get outside their own heads and see things differently and more creatively.
- Top executives are able to expand their networks and reach out to those in like positions who clearly understand the challenges of being a C-suite leader.
- Alliances on similar issues are formed, eliminating duplication and often saving money.
- Problem-solving improves through interdivisional and interorganizational outreach and brainstorming. As a result, different viewpoints provide effective and formerly not-considered solutions.

“Stretching”

~~Personal Reflection~~

Prevent Injury

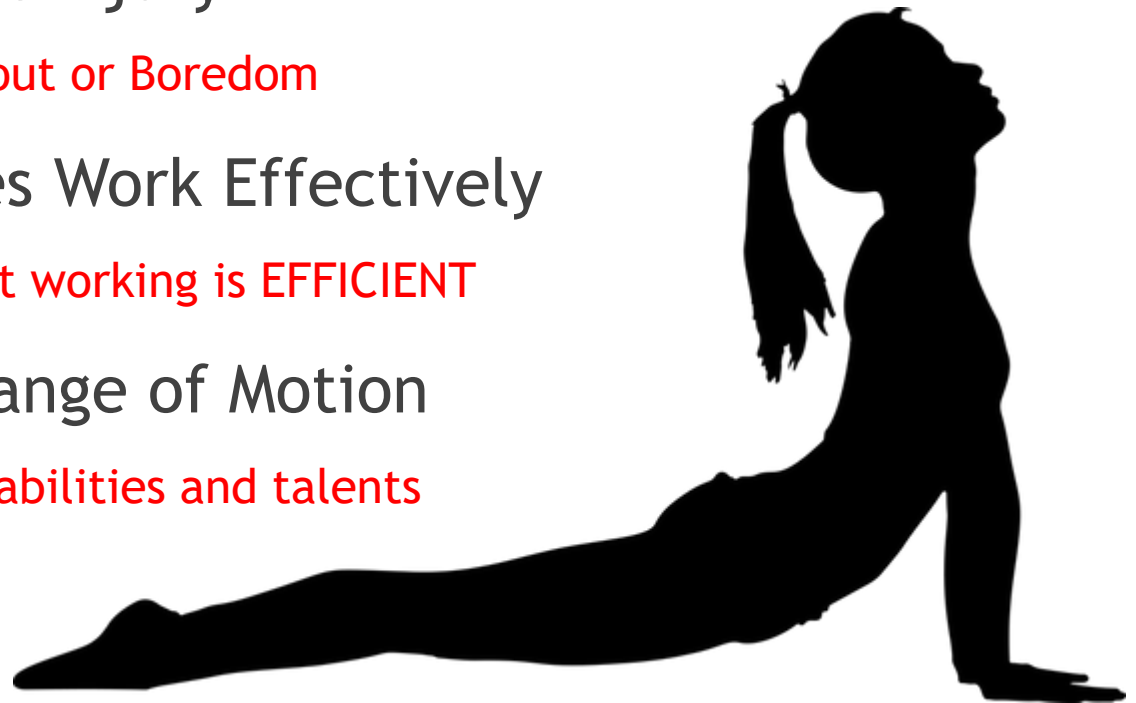
Prevent Burnout or Boredom

Make Sure Muscles Work Effectively

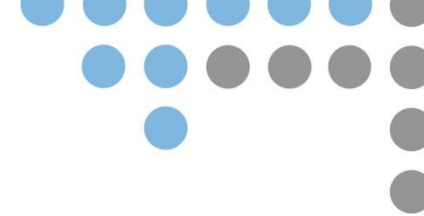
make sure time spent working is EFFICIENT

Enable Full Range of Motion

Maximize on your abilities and talents



Mentimeter Question #4

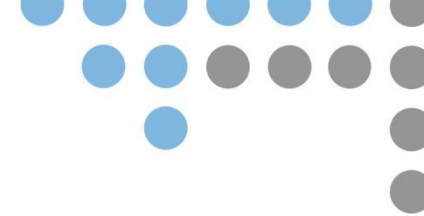




Think Excellence, not Perfection

- *Perfection is one of the key de-railers for women*
- *“Knowing when and where to focus your attention is the art of leadership” - Rosina*
- *Harmony Vs Balance*
 - How does my work and life support each other so I can be the best version of me I can be?

Last Mentimeter Question



What questions do you have?

**WHEN I TALK TO MANAGERS
I GET THE FEELING THAT
THEY ARE IMPORTANT.**

**WHEN I TALK TO LEADERS
I GET THE FEELING THAT
I AM IMPORTANT.**