

Optimistic Trailblazer



# Lead Like an

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Session 1

# OT

# Objectives

Recognize the important role of self-awareness and emotional intelligence in leadership.

Identify ways to improve your emotional intelligence to foster strong team relationships.

Begin development of a personalized leadership plan.



# AOTA's Vision for 2025



Development of strong leaders within the profession of occupational therapy



Who is a  
Leader?



# LEADERS...

inspire and develop people  
to achieve individual and organizational aims

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influence others to achieve common goals

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align people with a vision through  
communication and collaboration

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How does a  
leader differ from  
a manager?



# OT LEADERS...

Defend patients rights to services

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Ensure OT's get what is deserved

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Advocate for the profession

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Come up with innovative ideas or programs

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Mentor, coach, share knowledge with others

# Emotional Intelligence

Understanding and expressing emotions

Using empathy

## 4 Areas

self-awareness

social awareness

self-management

relationship development



(Riopel, 2021; Roberts, 2017)





Do you consider  
yourself to be  
self-aware?

**95% of leaders consider themselves self-aware...**



**While only 10-15% actually are.**

(Magnus & Kennedy, 2018)



# BUILDING SELF-AWARENESS



Lead Within (internal)  
and  
Focus on Others (external)

# Lead Within



Understand your strengths and weaknesses

Assess your personal mission

Recognize your emotions

(Magnus & Kennedy, 2018; Greathouse et al., 2018)



# Focus on others



Create an environment of feedback both up and down the hierarchy

Identify people able and willing to provide honest and open feedback

Understand your triggers



"Leaders who focus on building both internal and external self-awareness, who seek honest feedback from loving critics, and who ask *what* instead of *why* can learn to see themselves more clearly"  
- Eurich (2018)







# Let's Make a Plan



# LEAD LIKE AN OT ACTION PLAN

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Measure your self-awareness (with a buddy!)

<https://www.insight-book.com/quiz>

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Take CEU's on emotional intelligence or mindfulness

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Using your values, create a personal  
philosophy of leadership

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# My Personal Leadership Philosophy

“I believe **balance** and personal growth are the keys to happiness and joy. I believe in empowering others to seek **well-being** through self-exploration. I believe in **belongingness** through finding and creating connections with others. My thoughts will focus on finding and my words will focus on **empowering** others and helping them feel belongingness. I will lead by helping and allowing others to be their authentic self so they may achieve balance, **personal growth**, and well-being. I expect to exercise patience and actively listen in challenging or changing situations.”



# Recommendations

## TED Talks:

Increase your self-awareness with one simple fix, Tasha Eurich

Start with Why, Simon Sinek

## Books:

Emotional Intelligence, Daniel Goleman

Dare to Lead, Brene Brown

The 7 Habits of Highly Effective People, Stephen Covey

## Podcasts:

As Told by Nomads, Tayo Rockson

A Bit of Optimism, Simon Sinek



Thank you for attending this  
presentation!



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