Optimistic .



Lead like an

Shaina Meyer, OTR/L
Session 1

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.



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

influence others to achieve common goals

align people with a vision through communication and collaboration



How does a leader differ from a manager?

OT LEADERS...

Defend patients rights to services

Ensure OT's get what is deserved

Advocate for the profession

Come up with innovative ideas or programs

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.

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

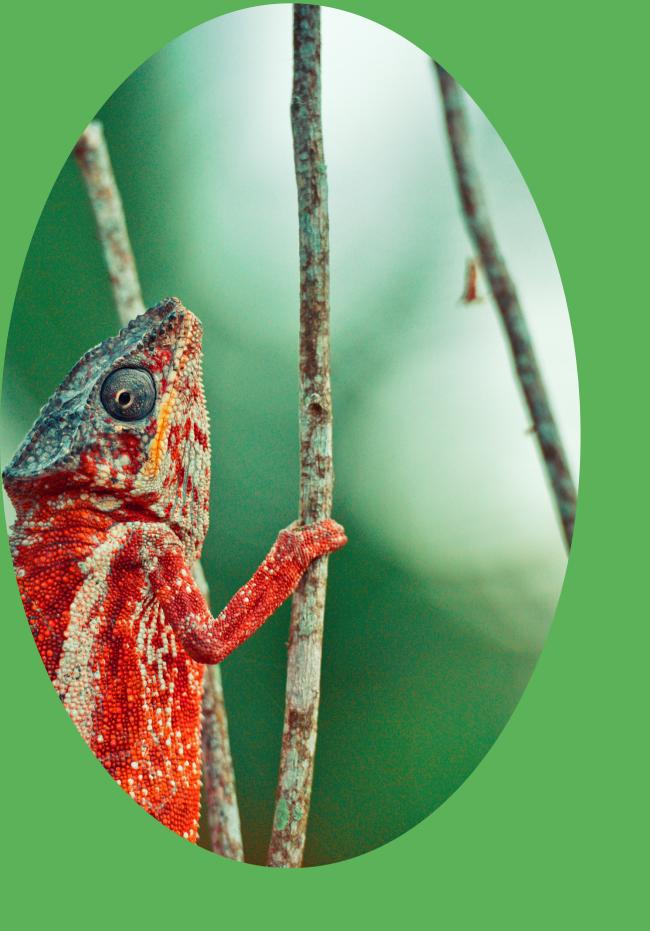
Identify people able and willing to provide honest and open feedback

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

Measure your self-awareness (with a buddy!)

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

Take CEU's on emotional intelligence or mindfulness

Using your values, create a personal philosophy of leadership

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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