

# Leading from Within

## Impacts on Social Determinants of Health

**Never underestimate the power of dreams and the influence of the human spirit.  
We are all the same in this notion the potential for greatness lives within each of us.**

**Wilma Rudolph**

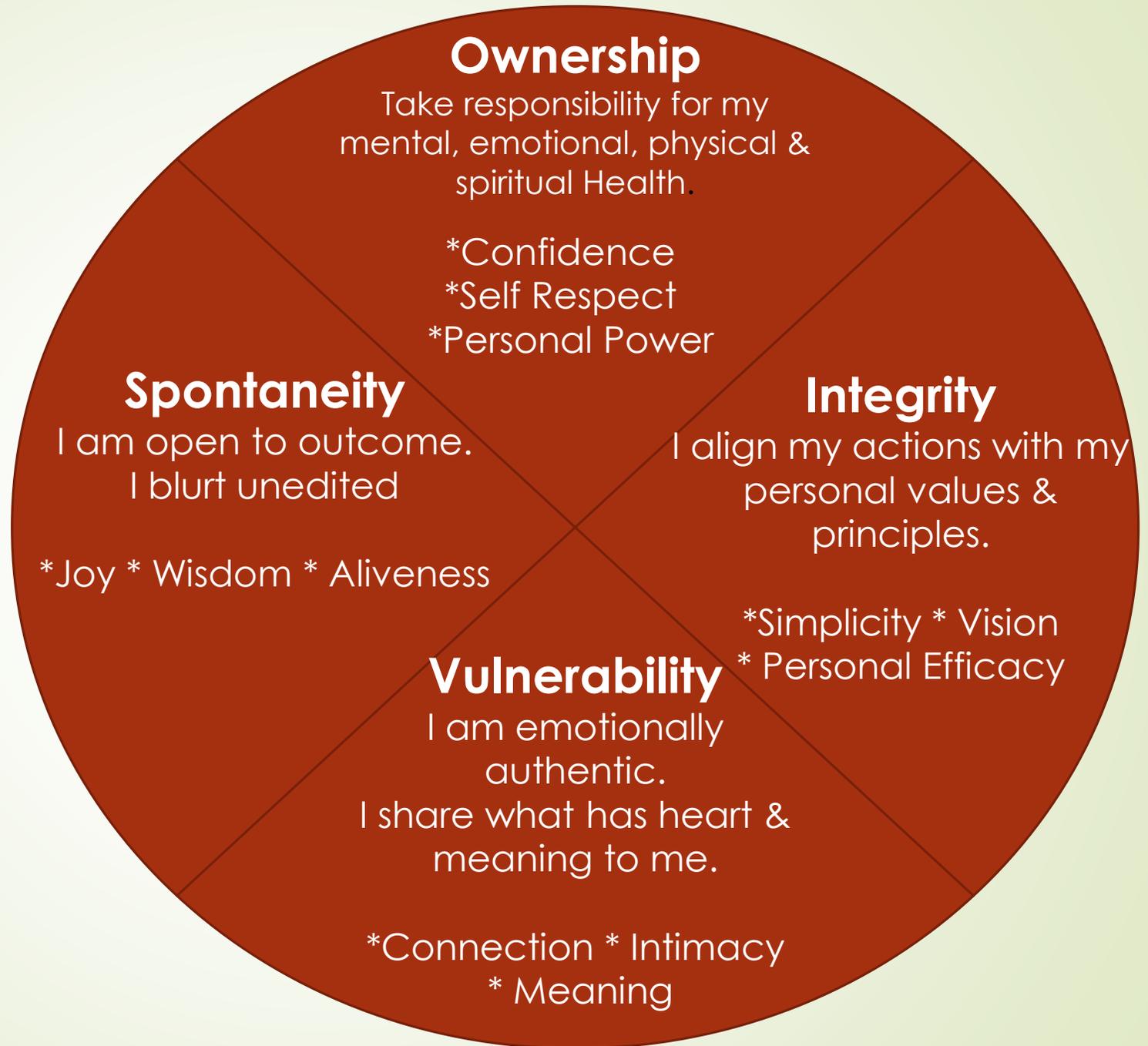
**Olympic Champion Gold Medalist**

Karen Sauer MD Family Physician, Medical Officer for Clinician Engagement

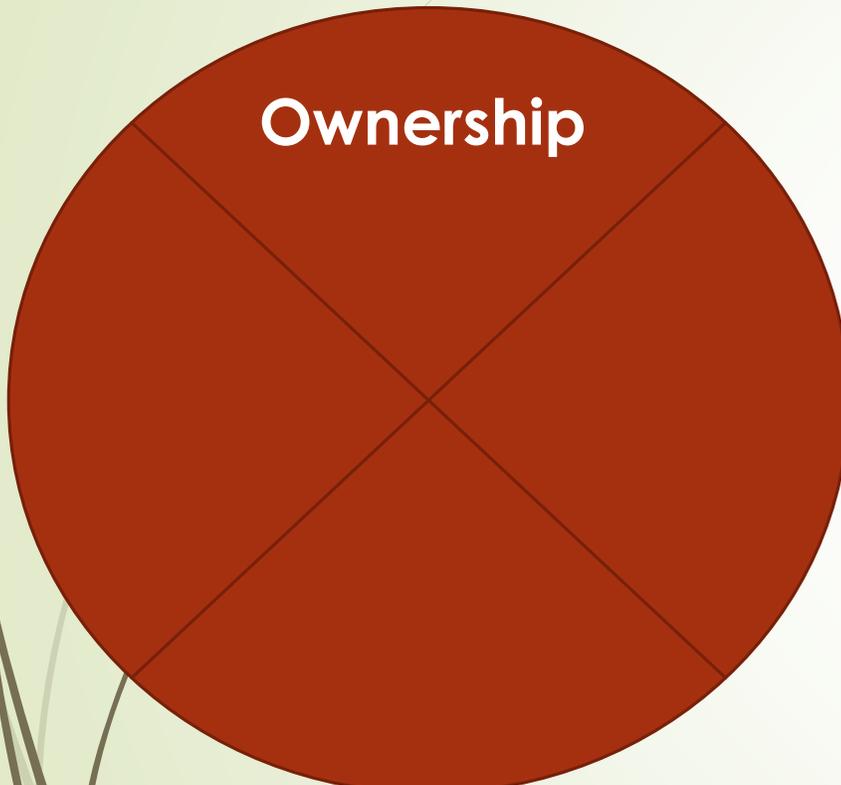
Kim Oveson MS, CADCI, CCFC Behavioral Health Coordinator



Leading From Within  
An “Inside – Out”  
model of leadership



# The Cornerstone of Ownership



## Ownership

- ▶ I am present and in 100% ownership for my life now
  - ▶ I let go of using my past as an excuse, moving away from victim and blame; holding self as accountable
  - ▶ I acknowledge there is no anti-choice... to not choose or let someone else decide is a choice
  - ▶ I make conscious choices based in self awareness
- ▶ I take responsibility for my physical, mental, emotional, spiritual well-being
  - ▶ I become self-aware and challenge limiting or outdated beliefs
  - ▶ I manage my state of being



# Ownership Continued

- ▶ I communicate honestly
  - ▶ I share my opinion, offer my perspective, respectfully stand up for what I believe and I am honest about what I want.
  - ▶ I take ownership of my "SELF" by sharing my truth
  - ▶ Professor Mehrabian research 93% NON-VERBAL & the impact of being a congruent person
- ▶ I create right use of my personal power
  - ▶ Stop manipulation through placation, giving to others to get love or my wants met, co-dependency, triangulation



# Table Discussion

- ▶ How has taking ownership or not taking ownership impacted your life/work? What would you like to do differently?
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# The Cornerstone of Integrity



- ▶ I align my actions with my principles & personal values
- ▶ I keep agreements with myself and others
- ▶ I understand how my profound integrity supports my personal integrity
  - ▶ I communicate accountably
- ▶ I tell the whole truth without blame or judgment
- ▶ I create vision and simplicity

# The Cornerstone of Vulnerability



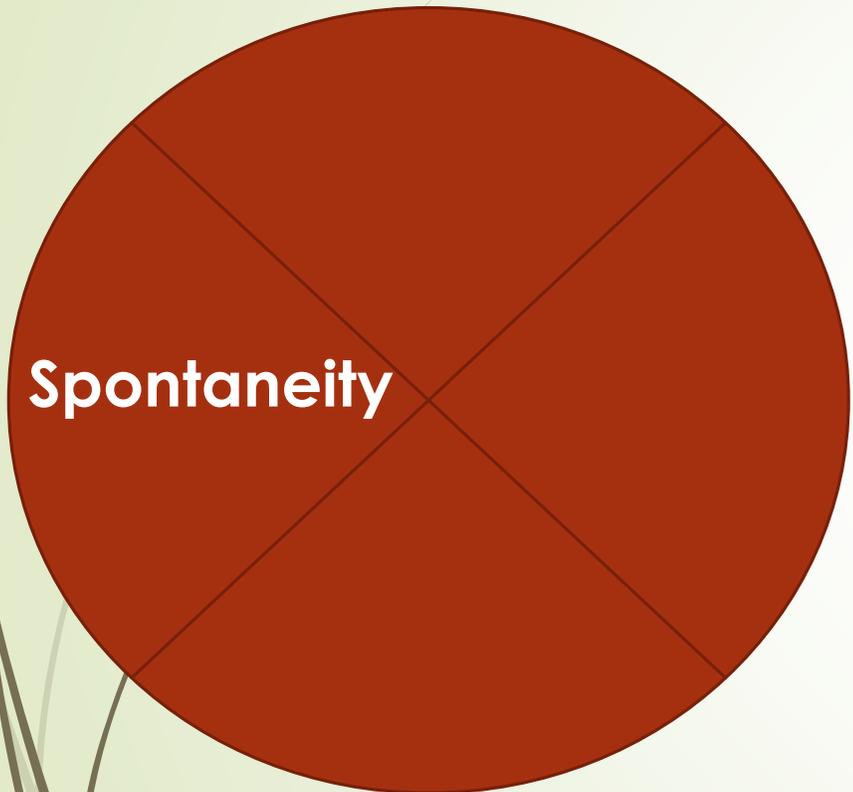
- ▶ "Now we tend to think that vulnerability is associated with weakness, but there's a kind of robust vulnerability that can create a certain form of strength and presence too."  
--- David Whyte
- ▶ I pay attention to what has heart and meaning to me
- ▶ I let go of control, image and hiding behind roles
- ▶ I reciprocate... give and receive equally
- ▶ I communicate how I feel
  - ▶ I self-disclose
  - ▶ I am emotionally authentic
- ▶ I create intimacy and connection



# Table Discussion

- ▶ How does vulnerability show up in your life? What would you like to change?
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# The Cornerstone of Spontaneity



**Spontaneity**

- ▶ I am curious and open to outcome
- ▶ I am in the moment
  - ▶ I have access to all my resources
- ▶ I trust the creative process
- ▶ I communicate spontaneously
  - ▶ I “Blurt” without editing
- ▶ I create joy, aliveness and vitality

# Thank you

- **Confront the dark parts of yourself and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing.**

**August Wilson**

