



The Right Reflection[®]
BUILDING LEADERSHIP EXCELLENCE

PHYSICIAN'S LEADERSHIP ACADEMY

2023-24

PUTTING YOUR LEADERSHIP JOURNEY TOGETHER

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We've been working together for several months, and you've read about many concepts and gone on your individual leadership journey. The purpose of this exercise is to help you look back at the materials in a convenient way and to synthesize some of your thoughts and conclusions. For your convenience, we've provided links to brief session summaries and related videos in each section so that you can re-familiarize yourself with the material.

Name

Date



SECTION 1

Reading & Exercises

Mindshift Exercises

Unlocking Leadership Mindtraps


3 Vital Questions

Mindfulness for Beginners (John Kabat-Zinn)



REFLECTIONS ON YOUR MINDSHIFT JOURNEY



 [CLICK FOR A SLIDE SUMMARY ON MINDSHIFT](#)

1. What was your one big thing at the beginning? Did it change over the course of the program? What is it now?

Empty text area for response to question 1.

2. What was your strongest limiting belief that you worked on?

Empty text area for response to question 2.

3. After completing the plot twist exercise and the loosening the narrative exercise, did your thoughts and feelings change at all about your limiting belief? How?

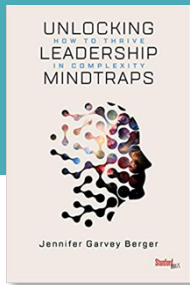
Empty text area for response to question 3.



4. What progress have you made on your one big thing?

5. What experiments are you going to conduct to further loosen any limiting beliefs that remain?





REFLECTIONS ON UNLOCKING LEADERSHIP MINDTRAPS

[CLICK FOR A SLIDE SUMMARY & VIDEOS ON LEADERSHIP MINDTRAPS](#)

1. Which of the leadership traps (you can choose more than one) do you fall into most?

Empty response area for question 1.

2. How do these traps show up in your everyday life?

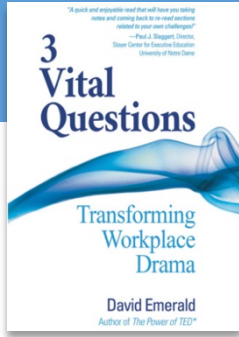
Empty response area for question 2.

3. What progress have you made on being aware of the trap and getting yourself out of the traps?

Empty response area for question 3.



REFLECTIONS ON THE 3 VITAL QUESTIONS



CLICK FOR A SLIDE SUMMARY & VIDEOS
ON 3 VITAL QUESTIONS

This book introduced several concepts:

- Above the Line/Below the Line
- Problem Orientation/Creative Orientation
- Drama Triangle (Victim, Persecutor, Rescuer)
- Empowerment Dynamic (Creator, Challenger, Coach)

1. Which concepts resonated most with you and why?

Blank response area for question 1.

2. How have these “roles” shown up in your life?

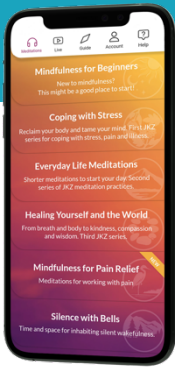
Blank response area for question 2.



3. How has the awareness of these roles influenced your behavior?



JON KABAT-ZINN JKZ MEDITATIONS



*JKZ MOBILE APP AVAILABLE FROM APP STORE FOR
YOUR MOBILE DEVICE*

1. What mindfulness concepts have you found the most helpful?

Empty text area for response to question 1.

2. What has caused you difficulty in increasing your mindfulness?

Empty text area for response to question 2.

3. What if any mindfulness practices have you tried and what has been the impact?

Empty text area for response to question 3.



SECTION 2

Monthly Topics

Leadership Development

Listening

Trust

Relationship Building

Courageous Conversations

Leading Change



INTRODUCTION TO LEADERSHIP DEVELOPMENT



[CLICK FOR A SLIDE SUMMARY & VIDEOS
ON LEADERSHIP DEVELOPMENT](#)

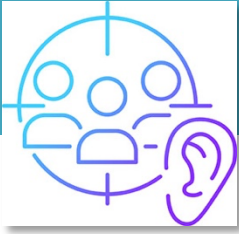
WE COVERED A NUMBER OF LEADERSHIP TOPICS INCLUDING:

- Vertical and Horizontal Development
- Qualities of Effective Leaders
- Leadership Circle Profile Creative Competencies/Reactive Tendencies
- Awareness Precedes Choice which Precedes Change
- Putting down your life raft

What was your biggest Aha and what will you take away from this session?



LISTENING



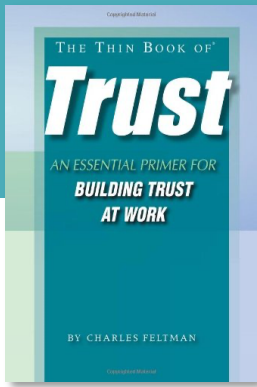
*CLICK FOR A SLIDE SUMMARY ON
LISTENING*

LISTENING TOPICS INCLUDED:

- Distracted
- Self-Centered
- Active
- Intuitive
- How our reactivity tendency affects the way we listen

What was your biggest Aha and what will you take away from this session?





TRUST



CLICK FOR A SLIDE SUMMARY ON TRUST

THE THIN BOOK OF TRUST TOPICS INCLUDED:

- Sincerity
- Reliability
- Competency
- Care
- Confronting Trust Issues

What was your biggest Aha and what will you take away from this session?



RELATIONSHIP BUILDING



*CLICK FOR A SLIDE SUMMARY
ON RELATIONSHIP BUILDING*

RELATIONSHIP BUILDING (FOUR TOXINS)

- Criticism
- Defensiveness
- Contempt
- Stonewalling
- Antidotes to each (Handout)
- Active Constructive Responding

What was your biggest Aha and what will you take away from this session?



COURAGEOUS CONVERSATIONS



*CLICK FOR A SLIDE SUMMARY ON
COURAGEOUS CONVERSATIONS*

COURAGEOUS COVERSATIONS

- Prepare
- Dig out a Gem
- Are you Ready?
- Call a friend
- Start the Conversation
- Listen and Talk
- Close the conversation

What was your biggest Aha and what will you take away from this session?





LEADING CHANGE

*CLICK FOR A SLIDE SUMMARY ON
LEADING CHANGE*

LEADING CHANGE

- Change Style Indicator
- 4 Stages of Change

What was your biggest Aha and what will you take away from this session?



SECTION 3

Assessments

Leadership Circle Profile

Emergenetics

Change Style Preference





LEADERSHIP CIRCLE PROFILE

- CREATIVE COMPETENCIES
- REACTIVE TENDENCIES

Which creative competency are you most proud of? How are you going to leverage it going forward to improve your leadership?

Which reactive tendency has given you the most problems? How have you improved in this area? What more are you going to do to minimize this tendency?





WHAT WERE YOUR PREFERENCES & PERCENTILES?

Thinking Preferences

Analytical % _____
Structural % _____
Social % _____
Conceptual % _____

Behavioral Percentiles

Expressive _____
Assertive _____
Flexibility _____

How do you see your thinking and behavioral preferences show up in your work and life?

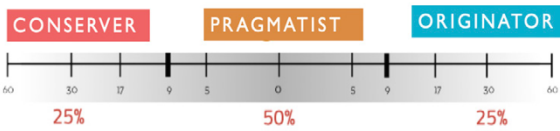
Does your work allow you to leverage your preferences? If so, how? If not, what can you do to bring these preferences into your work?





CHANGE STYLE PREFERENCE

WHAT IS YOUR CHANGE STYLE?



Are you an

Originator _____

Pragmatist _____

Conserver _____

How does your change style preference show up in your work and in your life?

What are you going to do to make sure you don't get stuck in your change preference?

