



Leaders of Tomorrow
How to Be a Great Leader and Have a Life, Too!
Webinar ~ May 10, 2016
Linda Hawes Clever, MD

I. THANKS, DELIGHT, HONOR

II. GOALS & MATERIALS

- A. This one is for you
 - 1. Your effectiveness in life and work
 - 2. Your relationships
 - 3. Your health
 - 4. Your resilience
- B. Build community among you
- C. Materials
 - 1. RENEW-o-Meter
 - 2. Values
 - 3. Stretching chart
 - 4. Play/Fun/Celebrate
 - 5. Bibliography
 - 6. Health screening handout
 - 7. To Do list

III. WHY “BOTHER”/WHY DO YOU MATTER?

- A. You are important!
- B. Your experience determines others’ experiences

IV. FINDING AND SUSTAINING YOUR EFFECTIVENESS

- A. Your values
- B. Three jobs of leaders
- C. RENEWing “prescription”

V. YOUR RELATIONSHIPS

- A. Friendships
 - 1. Definitions
 - 2. Danger signals
- B. Keeping healthy relationships
- C. Mentoring



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VI. YOUR HEALTH, VITALITY & STAMINA! (without you, no work, nor progress)

- A. Sleep
- B. Immunizations
- C. Alcohol & other drugs
- D. Food & fitness

VII. RESILIENCE

- A. Definitions
- B. How to bounce back and bounce forward

VIII. SUMMARY

- A. *You matter* – and have a very hard job. An essential element of your job is taking care of yourself – physical, emotional, relationships
- B. How to sustain effectiveness
 - 1. RENEW “prescription” review
 - 2. Five practices of superb leaders

IX. EDITH WHARTON

“In spite of illness, in spite of the archenemy sorrow, one can remain alive long past the usual date of disintegration if one is unafraid of change, insatiable in intellectual curiosity, interested in big things and happy in small ways.”