



7 KEYS TO CREATING A HEALTHY LIFE & LEADERSHIP STYLE

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HEALTHY START EPIC 2017



THANK YOU

Healthy Start & JSI



Be.Lead.Grow. Experience

How B.L.G. Differs from
other Experiences

Heart. Soul. Fun.

Safe Space

Freedom & Power

Begin with the End In Mind
(Action Notes)



FOCUS

Minimize Distractions
&
Give Yourself Permission to Be Fully Present



What to Expect Today

* Redefine Leadership

* Redefine HEALTHY

* (Re)Commit to
Creating a HEALTHY
Life, Leadership &
Legacy



*Certified Leaper
&
A Believer*

ABOUT DrAMS

Professional Mutt - SWK at Core

* Clinical, Researcher , Administrator,
Professor & Curious Student

Accomplished BIG Goal (Bridge to
Irrefutable Greatness) by Becoming a
Global Citizen

Village Baby turned Village Lady

* Love is a Verb

Leadership & Engagement Strategist

Baby Love's Mama & Douglas

Robinson's Friend ~ I now choose to
LIVE



WISDOM

Nothing is
impossible, the
word itself says
'I'm Possible'!
- Audrey
Hepburn

When I think of leadership as
being HEALTHY the first thing I
think of is.....

FORMS OF LEADERSHIP

Transformational

Utilizing and restoring faith within and among individuals to progress towards and achieve a common goal.

Spiritual

Excites individuals from the inside out. (internal reflection - ah ha moments)

Inspirational

Excites individuals from the outside in (an internal awakening - walking on fire, breaking wood)

Motivational

Transactional exchange for individuals (traffic school, task mgmt)

Informational

FORMS OF LEADERSHIP



*This is when the leader is willing to go to the darkest place of their participants' experience and walk them to their version of light. In these instances the speaker/ leader must be willing to push beyond their participants'/team members' norm **with a goal of being more committed to their goals and breakthrough than their comfort.***

Making the choice to lead in a HEALTHY way, is transformational.

KEY #1

Honor Everyone's Journey

Release What Was,
Accept What Is
&
Create What Will Be
Voice * Choice * Power



KEY #1

Honor Everyone's Journey

Three Questions/Truths

- * Moments that Make My Heart Smile
- * Moments that Make My Soul Cry
- * Moments that Leave my Heart and Mind Unsettled



KEY #2

Establish Excellence As Your Norm

Go Beneath The
Surface,
Do the Heavy Lifting
&
BE YOUR BEST SELF

Pursue * Expect * Accept

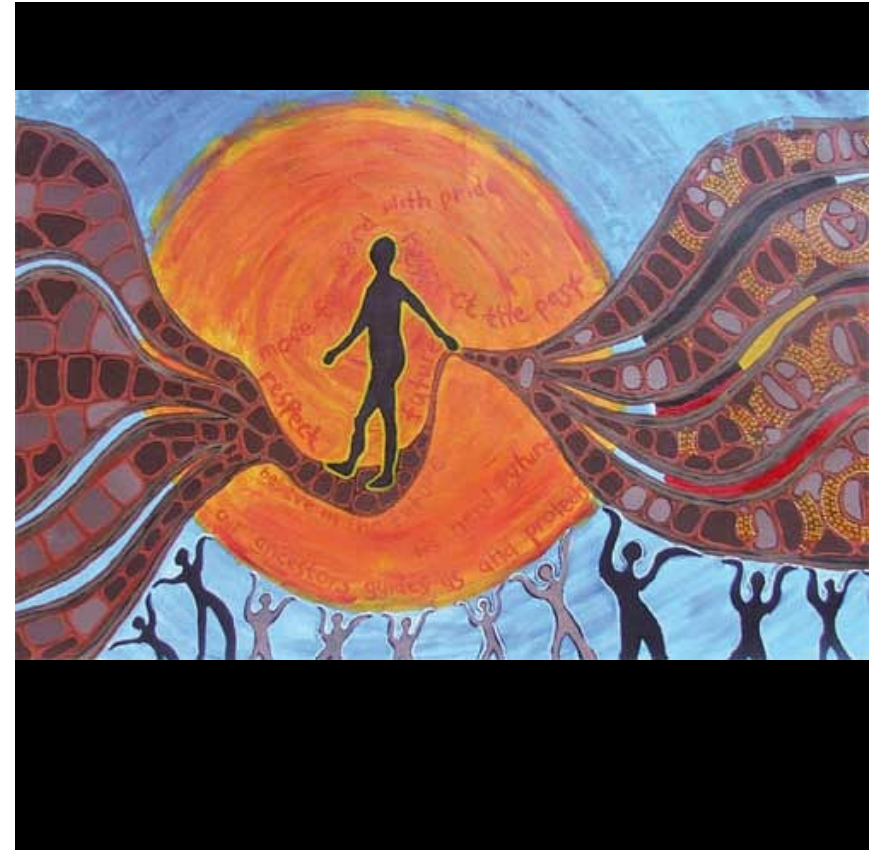


KEY #3

Advance Your Culture With Innovation

In Order to Grow,
You Have To Know...
What's In Your
World?

Assess * Change * Intervene



KEY #4

Lead With Vulnerability & Joy

Find & Redefine
Leadership
in a Way
That Serves
You



Understand * Align * Create

KEY #4

Lead With Vulnerability & Joy

Removing
Shame from
the Journey
of
Womanhood
and Family

*Healthy Start as
a part of the
Village.*



LET'S CHAT

One major thing you
have learned thus far
and will implement
IMMEDIATELY?

KEY #5

Thrive with Efficiency & Passion

Beyond Surviving,
Choose
to THRIVE

Choose * Value * Move



KEY #6

Hear With The Intention To Act

Perform the Smell
Test on Your
Leadership...
REGULARLY

Interview * Reflect * Begin



WISDOM

A person
who
never made
a mistake
never tried
anything new.
Albert Einstein

KEY #7

Yield to The Awesomeness of YOU!

Knowing the Sky
Is the Limit, Let's
Leap to the
Orange Moon!

* Choose To Matter *

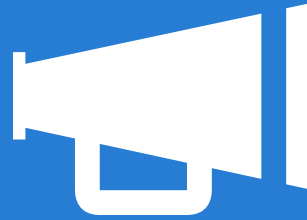
Commit to Honoring Yourself
Holistically





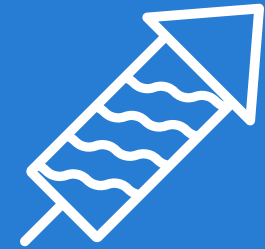
NURTURE YOUR DECISIONS

Your path is worth
the investment



CULTIVATE YOUR VOICE

Reintroduce
Yourself



THRIVE AS A NORM

Every hat, Every
position, SHINE

LET'S CHAT

Have you decided to be a
HEALTHY Leader?

READY TO COMMIT?

*Your life, leadership and
legacy is worth it*

If you don't feel worthy of consistently committing to your HEALTHY journey, then you won't be able to empower that commitment in others.

HOLISTIC AWARENESS & INTENTION

POLITICAL

Your personal ideals that shape the ways in which you interact with and influence your chosen groups

BIOLOGICAL

Your physical health and care for your well-being

SEXUAL

Your organic expressions and reactions to intimate pleasure

PSYCHOLOGICAL

Your mental and emotional well-being and associated coping skills

FINANCIAL

Your understanding, use, planning habits, and access to money

SOCIAL

Your interactions and chosen relationships with community, family and friends

CULTURAL

Your knowledge, rituals, and celebration of heritage

SPIRITUAL

Your beliefs, practices, and guiding principles



TOOLS & STRATEGIES



The Powerful
Leader Within
Power Strategy Framework

*Teaching You to Tap Into
Your Greatest Self*



Free Gifts for Showing Up for Yourself

- * Power Planning Tool
- * Complimentary Strategy Session

www.BeLeadGrow.com

CELEBRATE

Intentions,
Questions,
Answers?

[www.BeLeadGrow.com/
HealthyStart](http://www.BeLeadGrow.com/HealthyStart)

