

MNCHW 2019 Statewide Conference

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I support the change makers among us.

*I believe that people have the ability to influence change
in our community no matter where they are at and that we
should all have the opportunity to clarify and live out our
best self!*

Know Thyself!

A Process of Discernment

- I'm at my best when...
- I'm at my worst when...
- What do I really love to do at work...
- What do I really love to do in my personal life...
- My natural gifts and talents are: (EXAMPLES Art, Music, Decision Making, Being a friend, etc.)
- What serves to lift me up when I'm down...

I Have Failed but I am not a Failure

We all make a choice about what failure means to us and how it will impact us in the long run. I would offer that some of my most spectacular successes have been built on a foundation of failure!

Failure: Don't Be Defined. Be Forged!

The Work Ahead...

The *knowing* is just a part of the process. We must also have the *will to act*.

- Reflect - What were the missteps, potholes, incorrect strategies and tactics.
- Be Resilient
 1. *able to withstand or recover quickly from difficult conditions.*
 - To Reset 2. *(of a substance or object) able to recoil or spring back into shape after bending, stretching or being compressed.*
 - To Resist – Not embracing our cracks could mean allowing ourselves to be defined by those moments when we fell short of expectations. Embrace the cracks and chips not as flaws but as an evolutionary part of living your best self!

Kintsukuroi or Kintsugi

- Japanese art form of repairing broken pottery with lacquer dusted or mixed with powdered gold, silver, or platinum, a method similar to the *maki-e* technique. As a philosophy it treats breakage and repair as part of the history of an object, rather than something to disguise.



Some threads to pull on...

Our discernment process:

- *I'm at my best when...*
- *I'm at my worst when...*
- *What do I really love to do at work...*
- *What do I really love to do in my personal life...*
- *My natural gifts and talents are: (EXAMPLES Art, Music, Decision Making, Being a friend, etc.)*
- *What serves to lift me up when I'm down...*

"May you be proud of the work you do, the person you are and the difference you make."

