

**YOU'RE
THE ONE!**



APRIL LEWIS



**THE ONE
THING**



change

**Why is change
sooooo hard?**

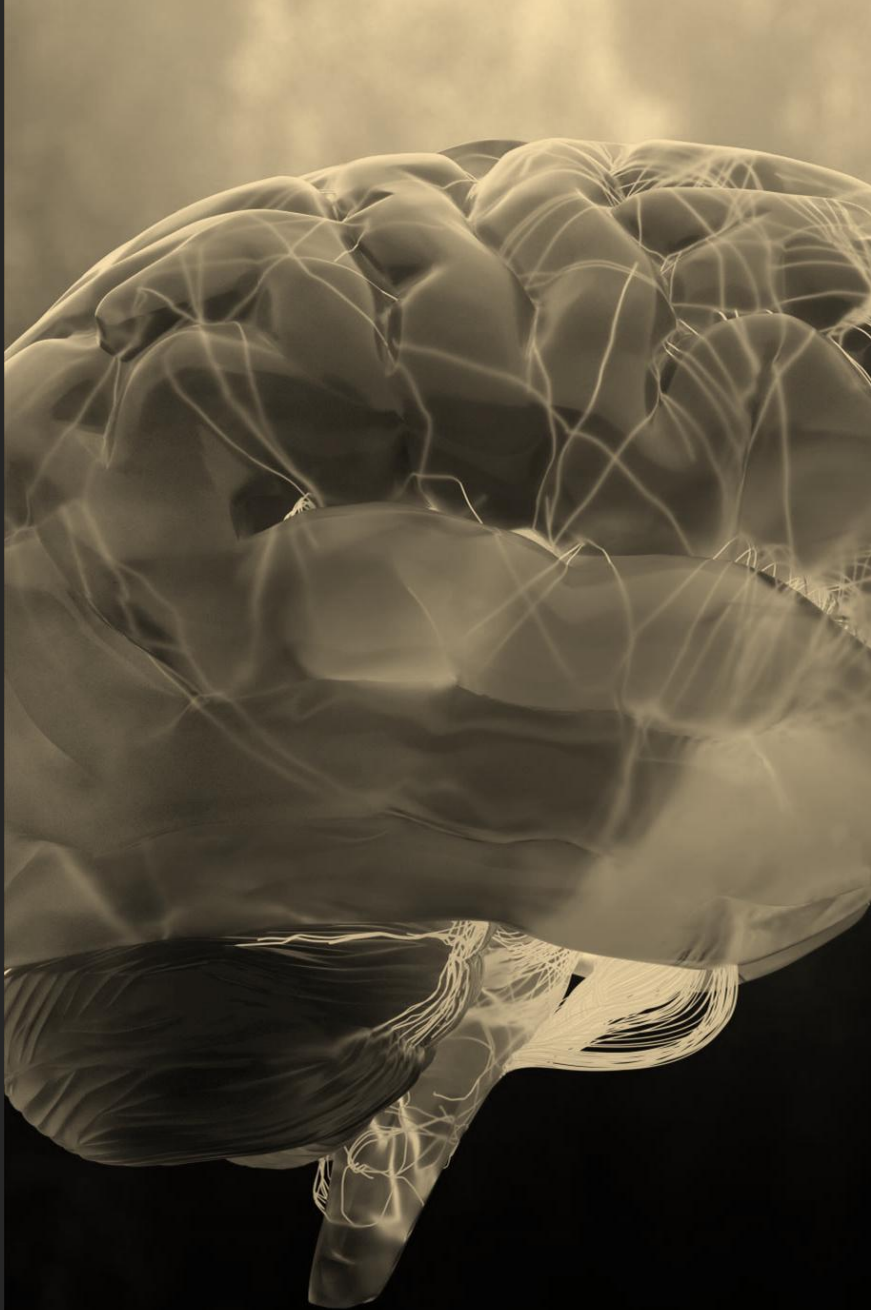


**Why is change
sooooo hard?**

... and SO stressful! 🤔



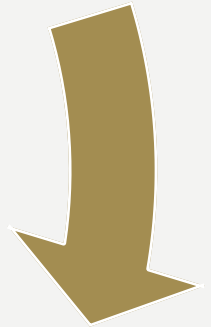
**We respond
to change by
its **impact** on
us.**



**You get the
change
notice**



**Your brain
is
stimulated**



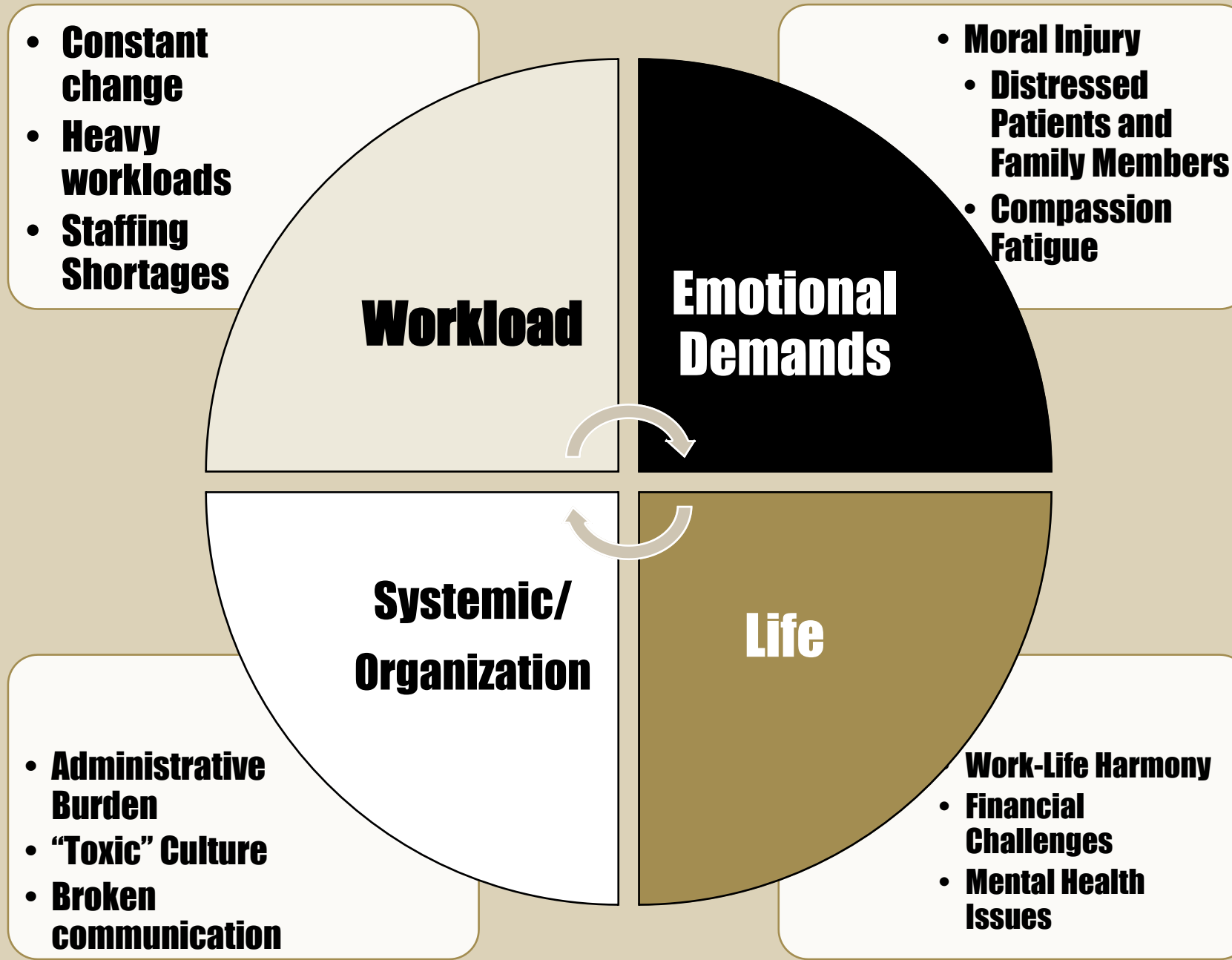
**Fight,
Flight,
Freeze**



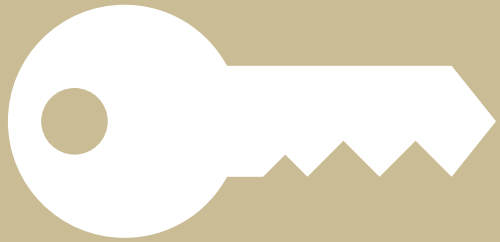
**Then, you
have a
response.**



Leading Stressors of the Healthcare Workforce



**Address the
emotional and
strategic side
of change.**



Change Management
guides the storm.





**Self-Management
brings calm.**



Human First, Employee Second

Mr. Frank

2008



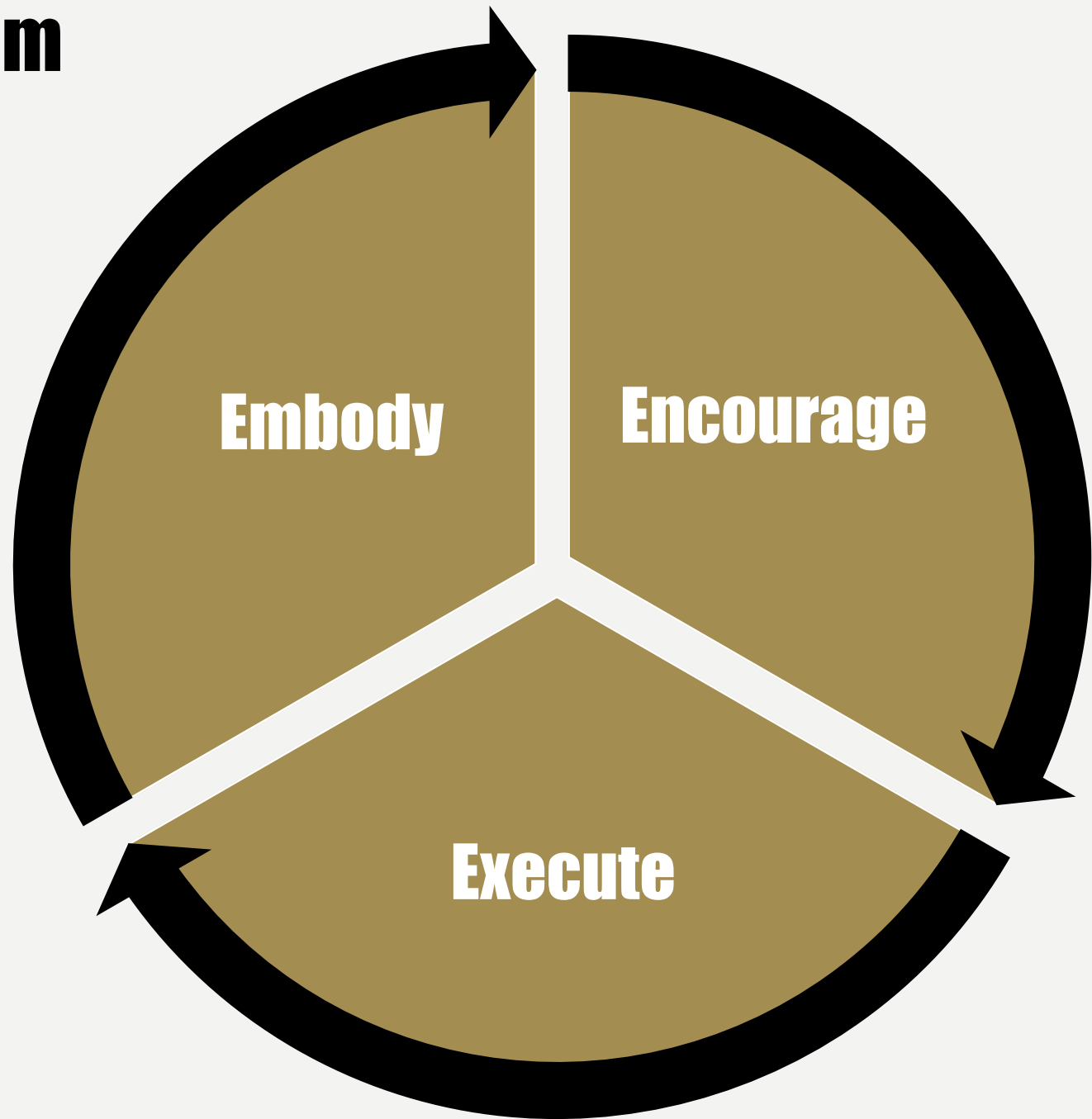
The unexpected Masterclass in leadership



connection.



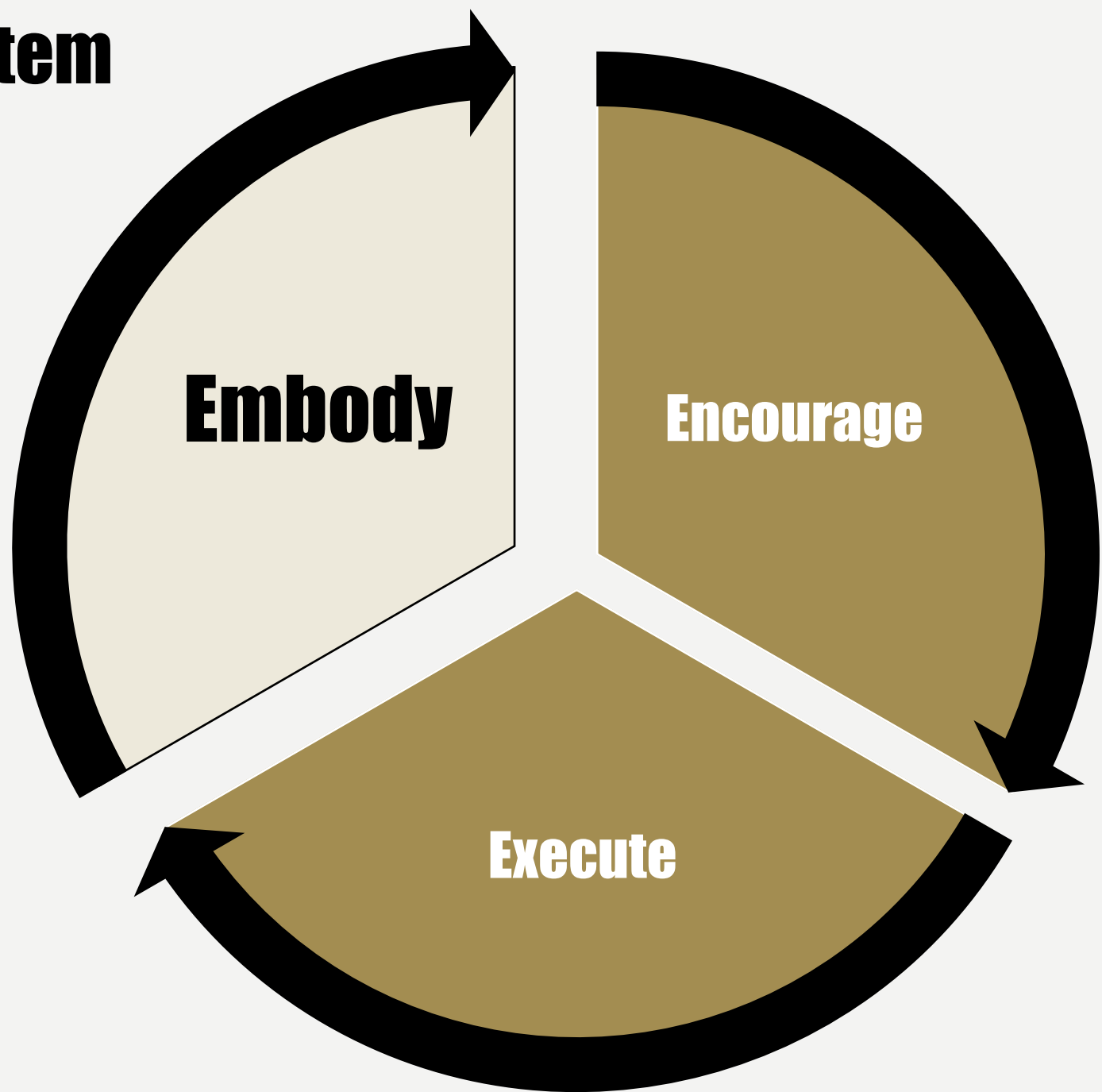
The Work Well System



**EMBRACING CHANGE
STARTS WITH YOU,**

**NOT JUST ANOTHER
MEETING.**

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EMBODY THE MINDSET



**YOU CAN'T GIVE
WHAT YOU
DON'T HAVE.**



**Be
People-
centered**



**Be
Self-Aware**

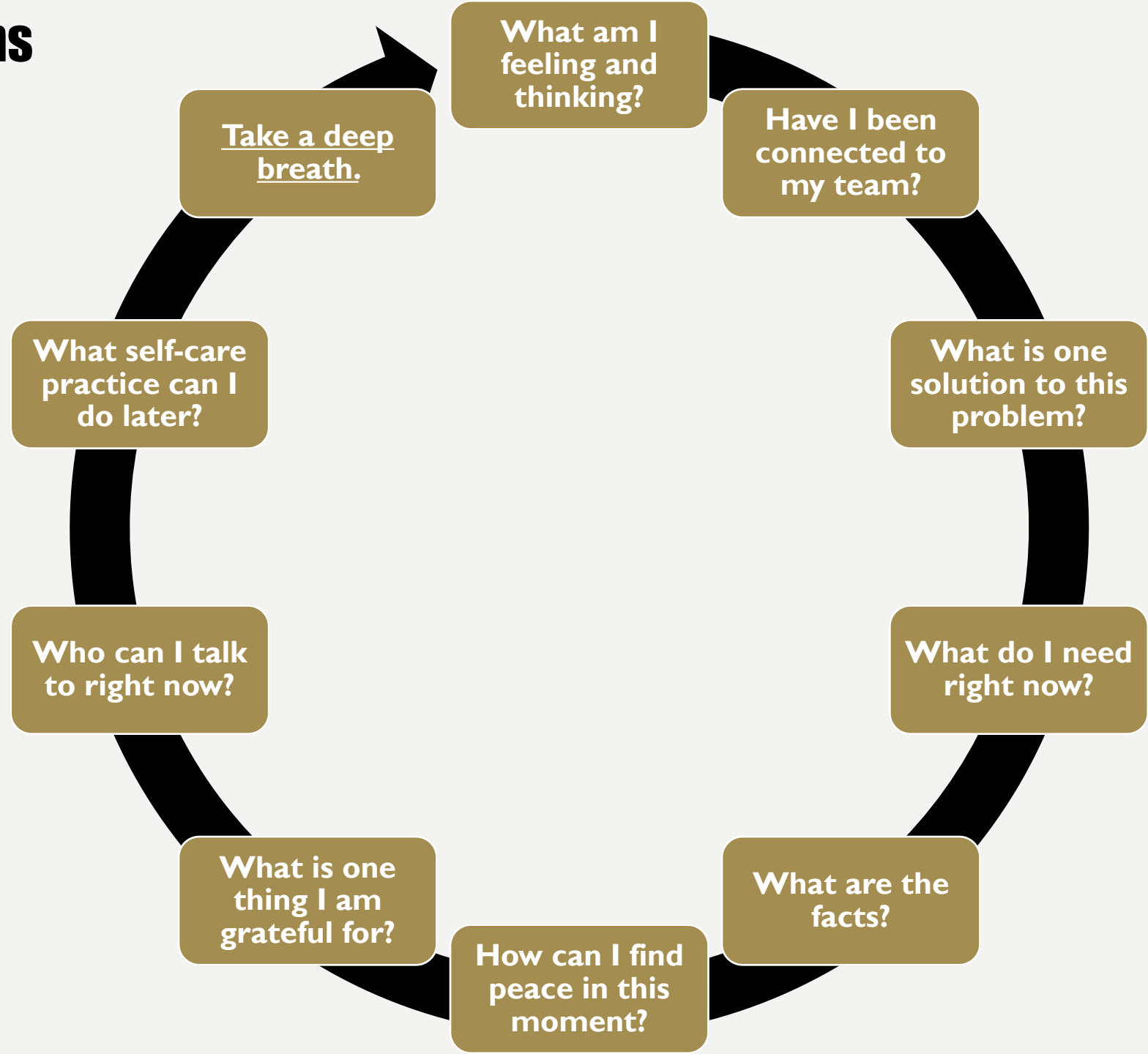


**If your mindset is
frantic, your
leadership will be
too.**

**GRAB YOUR
PHONE!**



Calming Questions



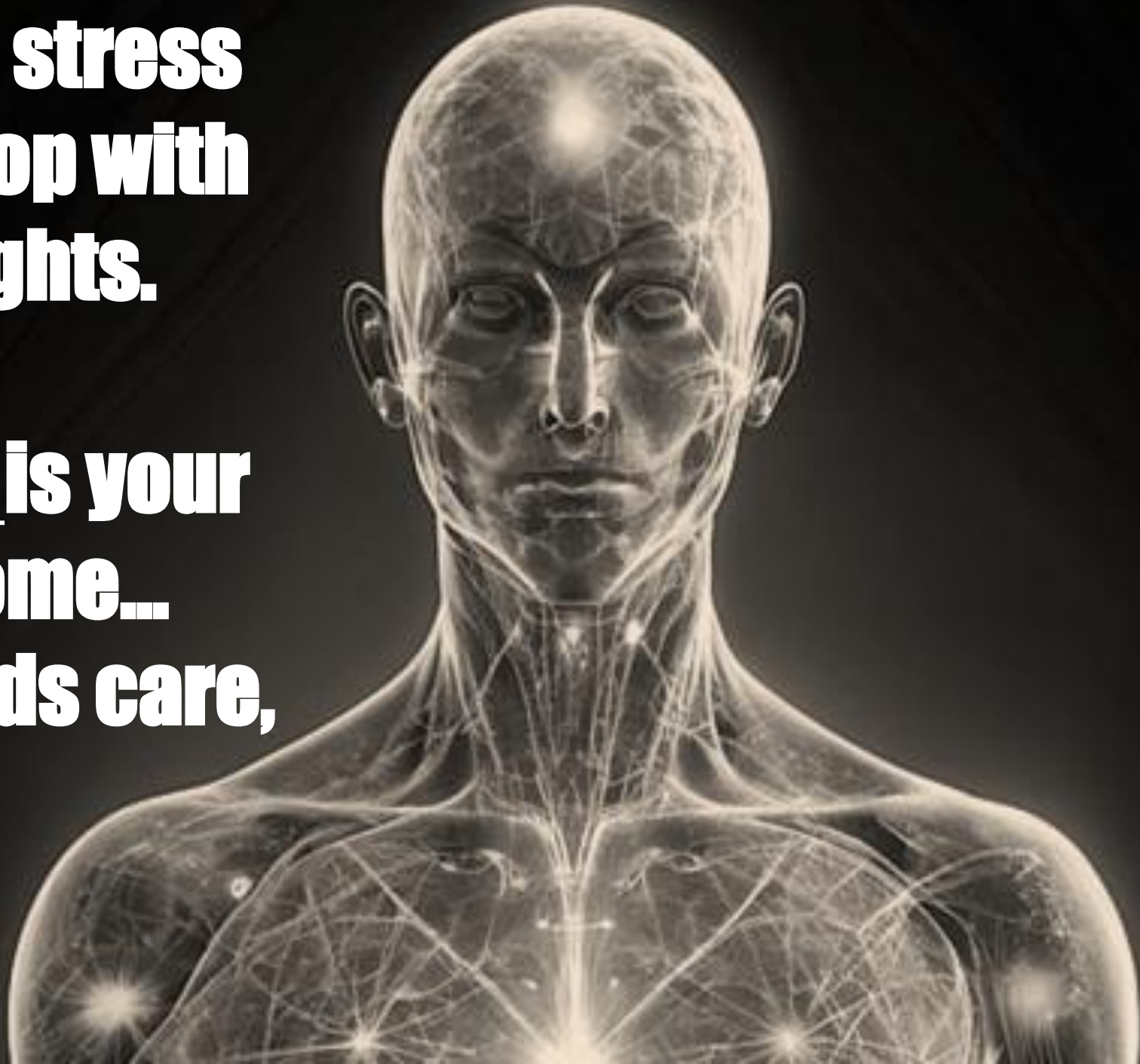


**Start your huddles and
meetings with a grounding
moment.**

Become present.

**Managing stress
doesn't stop with
your thoughts.**

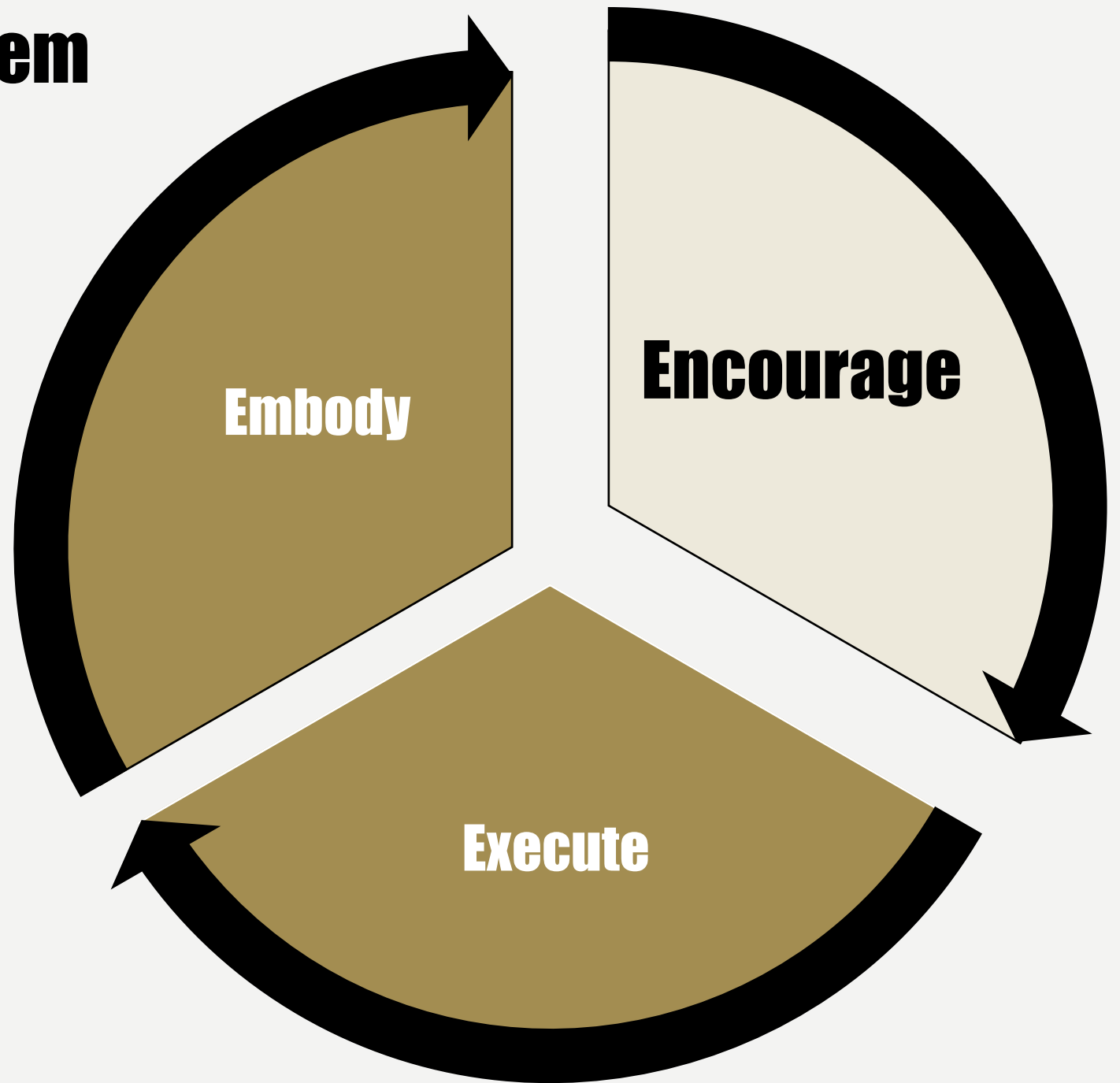
**Your body is your
forever home...
and it needs care,
too.**





**Let's
Move!**

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ENCOURAGE MOVEMENT & REST



WHEN YOU MOVE...

**YOU MINIMIZE
STRESS AND**

**MAXIMIZE
ENERGY.**



THE POWER OF A CUE

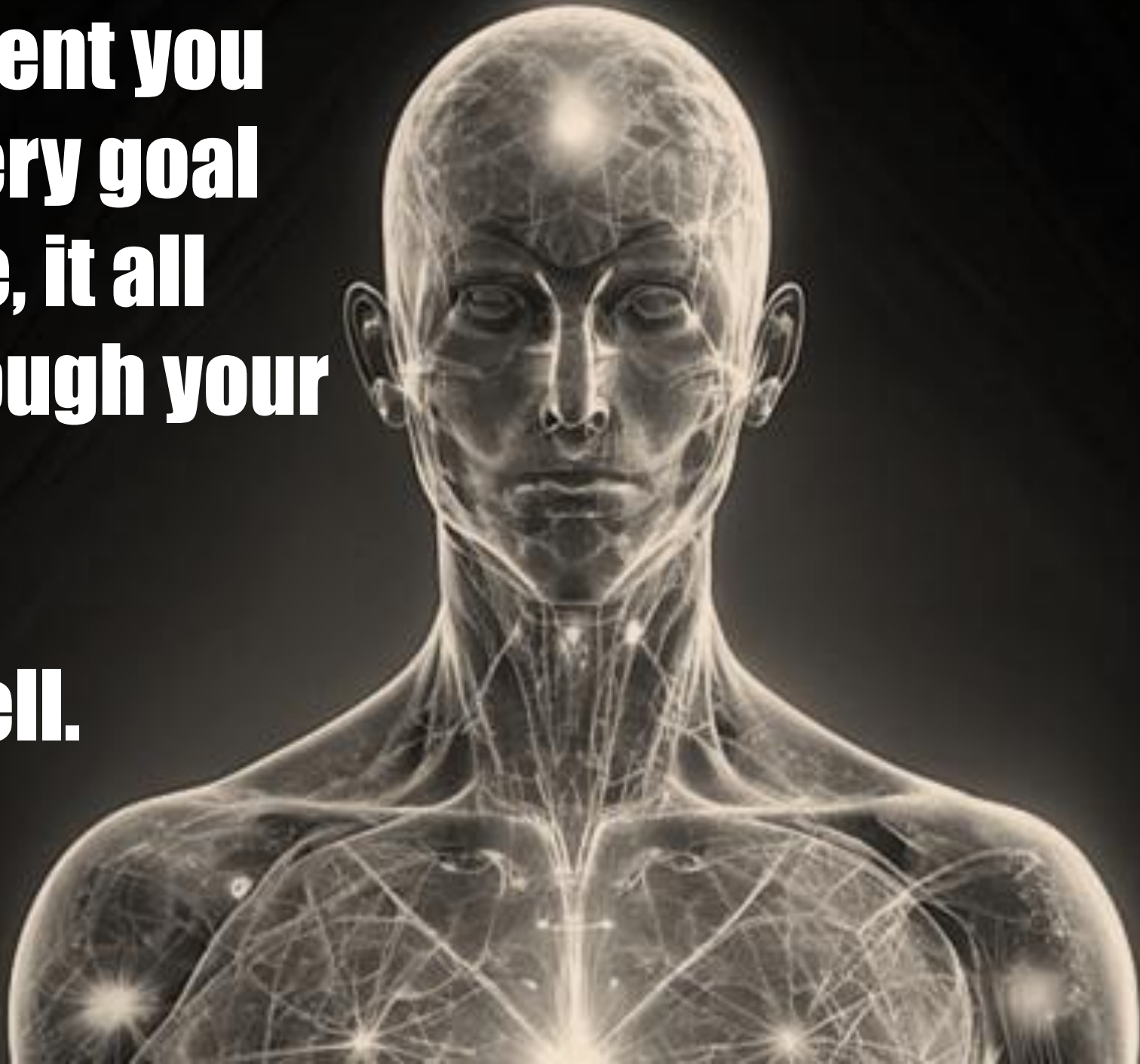




**TIE
MOVEMENT
TO TASKS
AND TIME.**

**Every patient you
serve, every goal
you chase, it all
flows through your
body.**

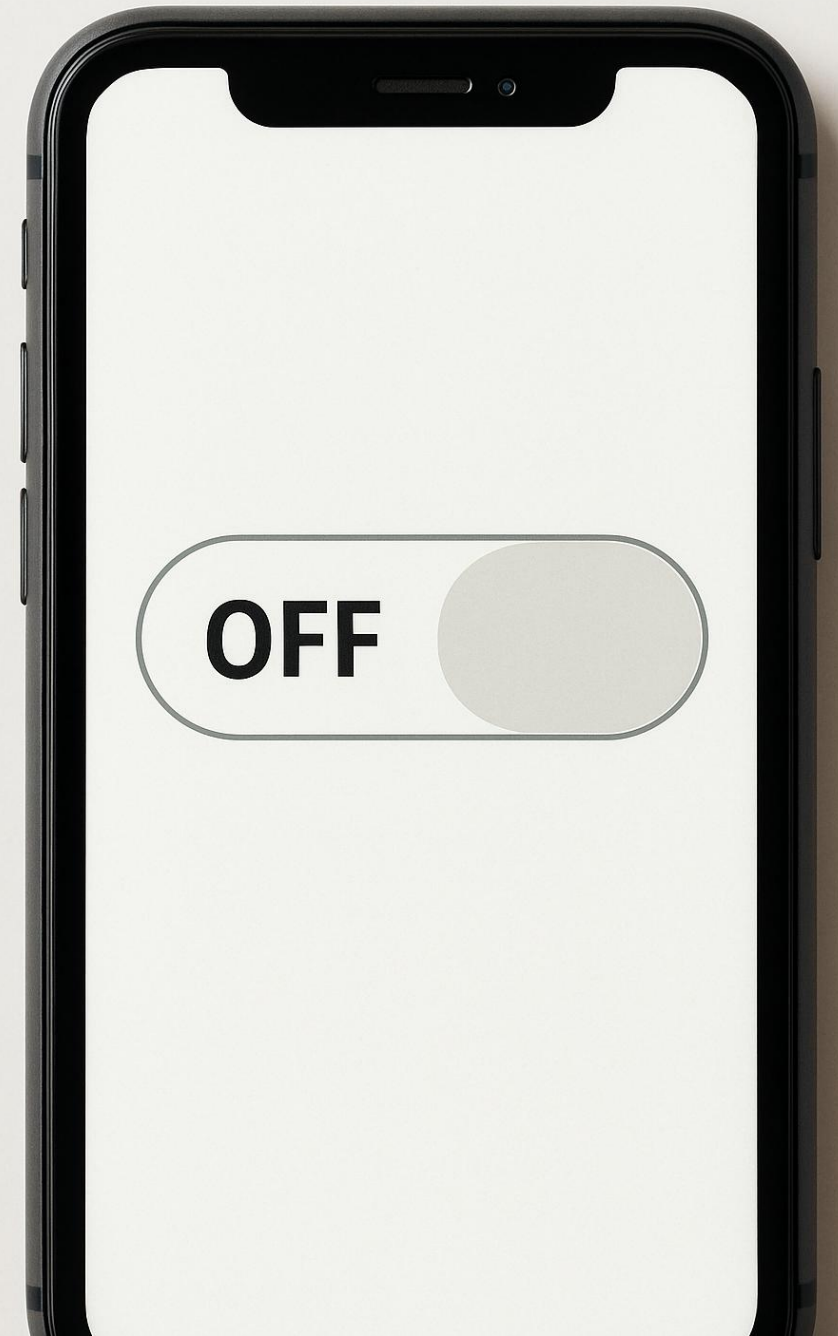
Keep it well.





HEALTHY BOUNDARIES

CANCEL THE “ALWAYS-ON” CULTURE



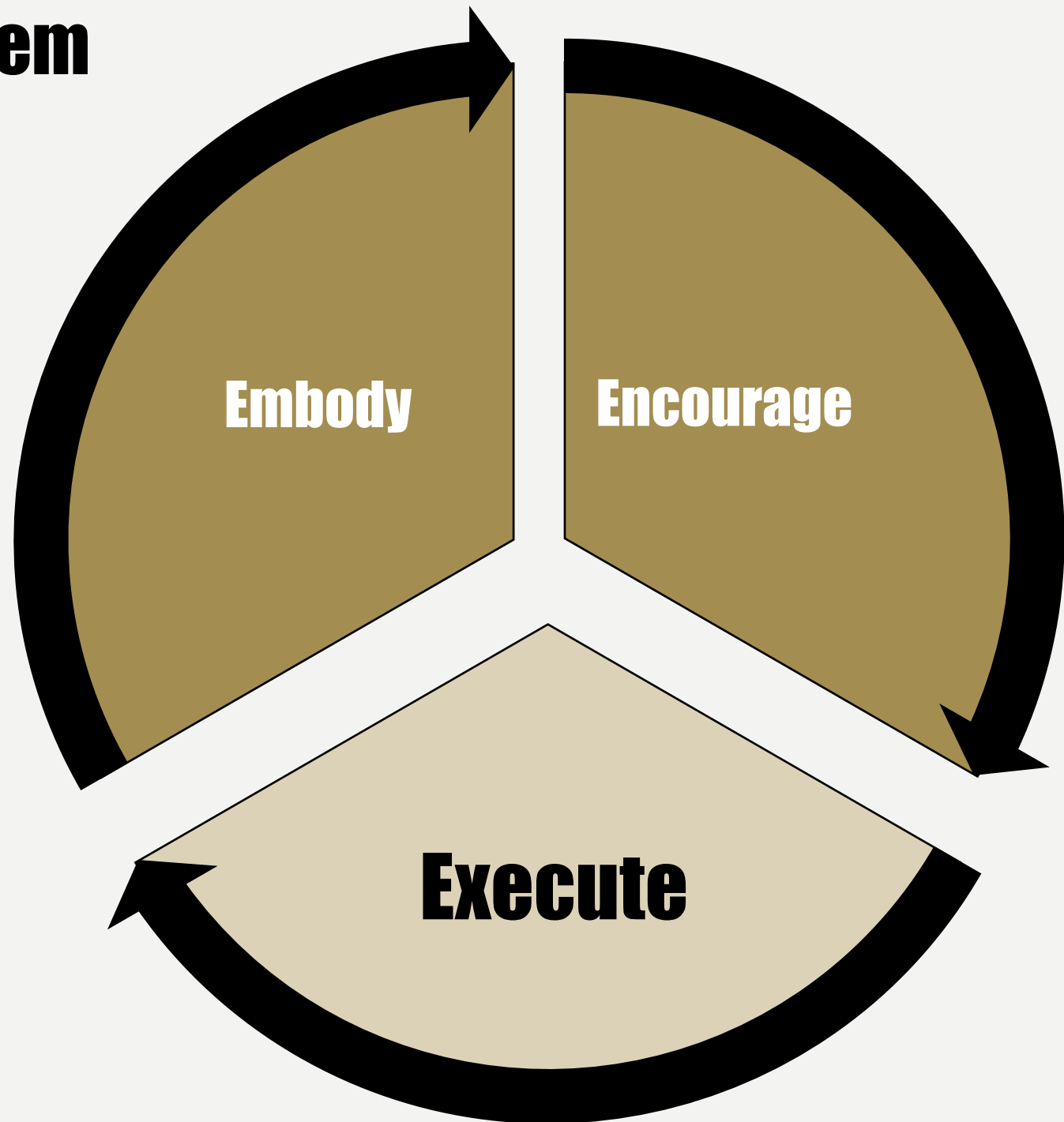


**A BURNED-OUT
LEADER CAN'T
INSPIRE A HEALTHY
WORKPLACE.**

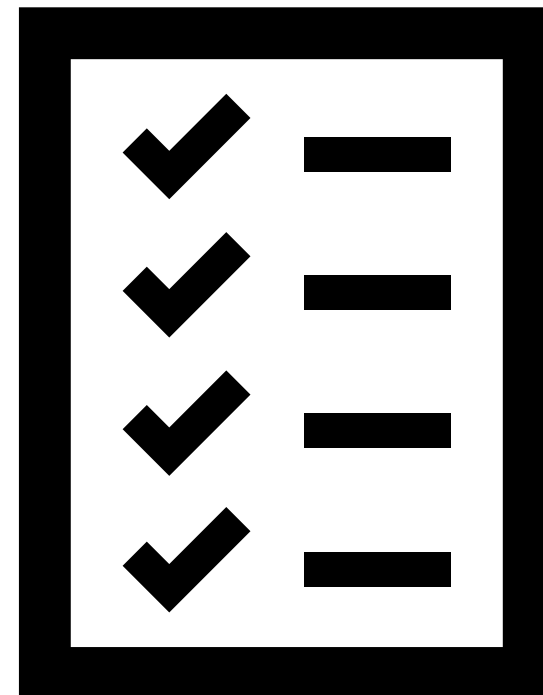


**DE-STRESSING IS A
TOTAL PERSON
EXPERIENCE**

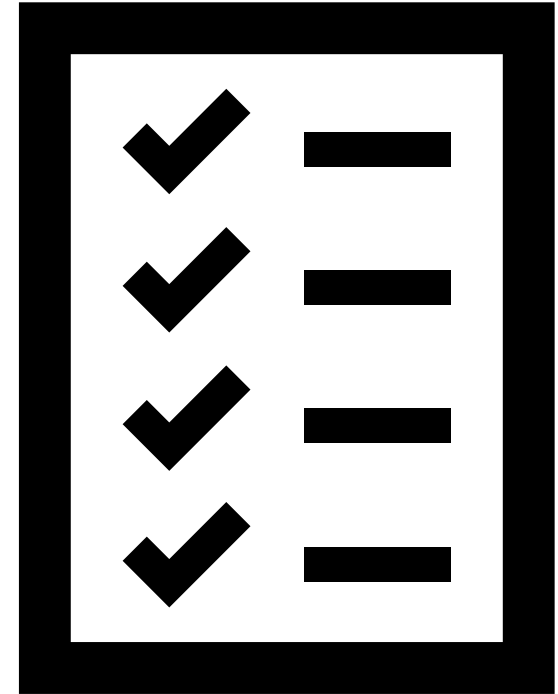
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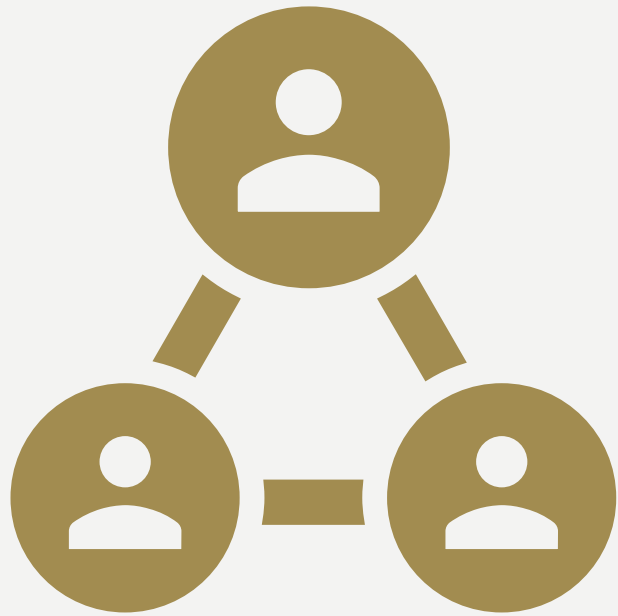


**EXECUTE
WITH
INTENTION**

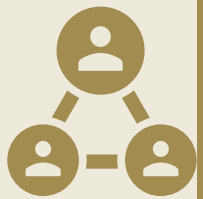


**IT DIRECTLY
IMPACTS
YOUR
RETENTION**



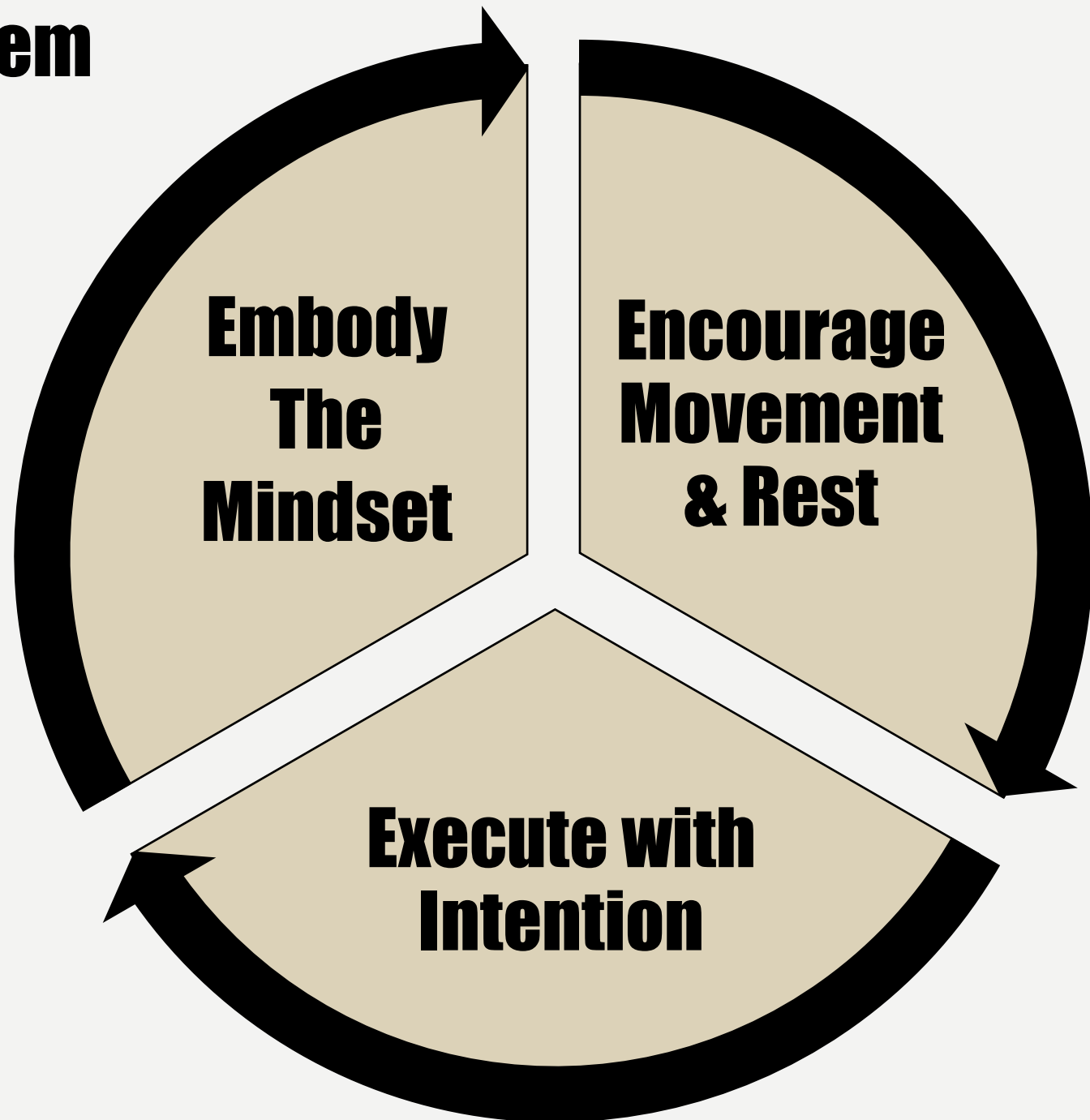


**Execute
systems that
support people,
not just
productivity.**



**“Execution is easy
when culture is
already **lived**, not
just launched.”**

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LEADWELL

Thank you!



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