Welcome to our virtual waiting room!

While you wait for the session to start, please take time to:

1. Familiarize yourself with BlueJeans
2. Check your name- update first and last if incorrect
   ➢ 1 in the picture
3. Visit the chat window
   ➢ 2 in the picture
4. Visit the question & answers window
   ➢ 3 in the picture
Lunch with Leaders LIVECast: Creating High Performance Teams

June 17, 2021
Welcome

What is Lunch with Leaders?
What’s in the Mail?

What did you enjoy about the last session?

I just wanted to say thank you so much for today’s lunch with leaders session on “Tips for Mic-Dropping Presentations”. It was so incredibly informative. I really liked your quote about leadership being a transfer of energy.

The chat suggestions were great! There were lots of gems of wisdom in there!

Monika Sanghavi, MD
Assistant Professor of Medicine
Division of Cardiology

Very authentic. Hearing from Mike Duncan was very enlightening.

Hearing ways of connecting and what to avoid. For example - use anecdotes or stories to connect but don’t try to be funny.

Useful tips for putting together a presentation from 2 different perspectives...similar approaches but different "tips"

Post-event feedback and anonymous comments from the evaluation survey
LG Health Experience Leader Meeting: Leading Through Uncertainty with Dr. Amy Edmondson

Dr. Amy Edmondson

Amy C. Edmondson, PhD
Novartis Professor of Leadership and Management, Harvard Business School; Author of *The Fearless Organization*

Access the recording

Additional LinkedIn Learning Resources:
- Psychological safety: Clear blocks to problem-solving and innovation
- Leading and Working in Teams
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6 MINDEFUL MOMENTS PRACTICE PAGE
7 15 MINUTE ACTIVITY BREAK
8 9AM MOVIEFOCUSED WORKSHOP
9 12PM MOVIEFOCUSED WORKSHOP
10 12PM LET'S TALK: TACKLING BURNOUT
11 CUP OF CALM
12 GROUNDING PRACTICES

13 12:30 PM 15 MINUTE STRETCH
14 12:30 PM 15 MINUTE STRETCH
15 10AM BUDGETING WITH FIDELITY
16 12PM LIFE COACH GROUP SESSION
17 4:30PM LIVE COOKING CLASS
18 CUP OF CALM
19

20 WHAT ARE YOUR VALUES?
21 12:30 PM 15 MINUTE STRETCH
22 2PM HEAD SPACE HYGIENE
23 12PM VIRTUAL RECESS
24 12PM CALMCAST TAKE THE 'WORK' OUT OF NETWORKING
25 CUP OF CALM
26

27 15 MINUTE ACTIVITY BREAK
28 9AM LIMEADE Q&A (UPHS+PRINCETON) (LGH)
29 12PM LIMEADE Q&A (UPHS+PRINCETON) (LGH)

June is National Employee Well-being Month. Join us as we celebrate you!
Join the Next Book Club with Kevin and Adam Grant!

Ignite your inner curiosity, interact with others and be #PennProud! Join the next installment of the Penn Medicine Book Club featuring Think Again: The Power of Knowing What You Don’t Know by Adam Grant, one of the world’s 10 most influential management thinkers. UPHS CEO Kevin B. Mahoney will facilitate the discussion with Adam. A description of the book is below.

The Penn Medicine Book Club is open to all employees. Please commit to reading the book prior to the session on Wednesday, June 30 to engage in thoughtful conversation.

REGISTER FOR
JUNE 30, 7:30 – 8:30 p.m.

After registering, you will receive a calendar invite and a follow-up email with a link to order your book. Please place your order by June 18.
Obtaining CME/CE Credit

To receive CME/CE credits:

‣ Text the event code to (215) 398-6728

‣ Login at https://upenn.cloud-cme.com and enter the event code via My CE/CME >> Claim Credit

‣ CloudCME app – Institution Code UPENN; enter the event code via Claim Credit

Event Code: 72775

You must have a profile in the system, https://upenn.cloud-cme.com, to get credit.

For further assistance, please contact penncme@pennmedicine.upenn.edu.
Today’s Objectives

- Understand key defining characteristics of high performance teams
- Learn how to establish a strong culture for people and the overall team to excel
- Get tips on how to assess, solidify and sustain team’s effectiveness
- Get inspiration from leadership experiences and career journeys
- Connect with others and share leadership tips with each other
Participate in Poll Everywhere

#1

To: 22333

#2

What emotions are you feeling today?

pennmedicine918
Lunch with Leaders Guests

Andrea Wieland, PhD
Associate Athletic Director, Sports Performance, University of Pennsylvania

Neil Ravitz, MBA
CAO, Musculoskeletal & Rheumatology Service Line; COO, Department of Orthopaedics
Andrea Wieland
What emotions are you feeling today?
**Understanding Teams**

**TYPES OF TEAMS**
- **Ad Hoc - crisis team**
- **Project/Special Purpose**
  - Event/Project
  - Trouble-shooting
- **Intact/Long-term**
  - Functional
  - Cross-functional
- **Mixed Model**

**COMMON TO ALL ALL TEAMS**
- Purpose/Goal
- Roles & Responsibilities (Clarity)
- Solution requires skills and perspective beyond the individual

**TYPES OF TEAM LEADERSHIP**
- Leaderless/Self-directed
- Single leader
- Lead by Leadership Council
The Core Four of Mental Performance

Goal-setting/ Deliberate Intention

Mental Mastery

Self-talk/Narratives (Verbal & Nonverbal)

Mental Rehearsal
Leadership Development

Individual Fundamentals
Getting right with yourself

Team Solidarity
Teaming for greatness

Leadership Culture
By design-people, technology, resources, space

Communities Contribute
Big Picture Impact

Penn Medicine
Next Lunch with Leaders LIVECast

Creative Problem Solving

July 1, 2021 at 12pm

Our guests

• **Roy Rosin**, Chief Innovation Officer, Center for Health Care Innovation
• **Sindhu Srinivas, MD**, Physician Lead, Women's Health Service Line; Director, Obstetrical Services; HUP Vice Chair for Quality and Safety, Department OBGYN
Add the Series to your Outlook!

**Upcoming Lunch with Leaders LIVECasts**

- **July 1**  Creative Problem Solving  
  with Roy Rosin and Sindhu Srinivas, MD

- **July 15**  Redefining High Potentials  
  with Mitch Schnall, MD, Chris Tierney and Michelle Weitzman-Garcia, PhD

- **July 29**  5 Tips for Stronger Communications  
  with Debbie Foster and Sarah Johnson

*Stay tuned for more!*

Click [here](#) or visit [Lead Strong Site](#) to add the event series to your Outlook calendar.
Exit Poll Everywhere