

# 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

## BlueJeans Participant Screen

### Attendee View

(David Lee)

Entry banner alerts Attendee that nobody will be able to see or hear them.

Event title → Sales Kickoff

Speaker Volume →

Mute Speaker →

Full Screen →

Exit the event

Main (roster) view 1

Chat w/ everyone 2

Chat w/ Moderator

Questions & Answers 3

Expand side navigation (display Presenter roster)

Settings (choose which speaker to use)

Slider bar – drag to change the size of video and content

# Lunch with Leaders LIVECast: Being a Resonant Leader

September 10, 2020



**1 Nursing contact hour awarded.**

Penn Medicine Nursing is an approved provider of continuing nursing education by the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approval # 124-3-H-15.

Click [here](#) to obtain your contact hours.

# Virtual Meeting Norms

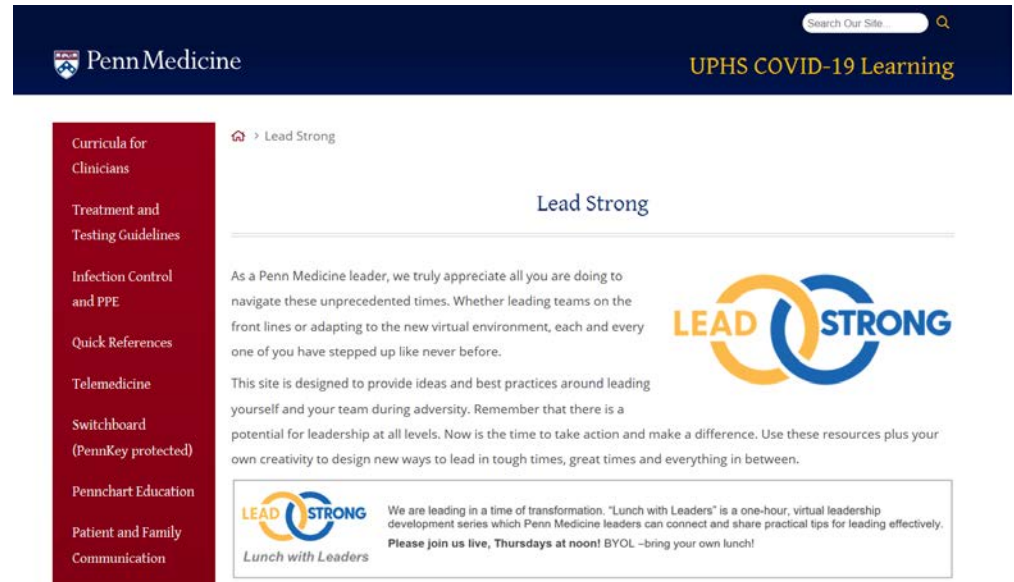
Actively participate to make this engaging! You have several opportunities:

- Respond to all polls using your phone.
- Ask the facilitator questions in the **Q&A window** unless directed otherwise.
- Share your experience, add a comment, or ask for clarification using the **Chat feature**. A moderator will monitor the chat.

# Welcome to Lunch with Leaders

## ► Welcome

## ► What is *Lunch with Leaders*?

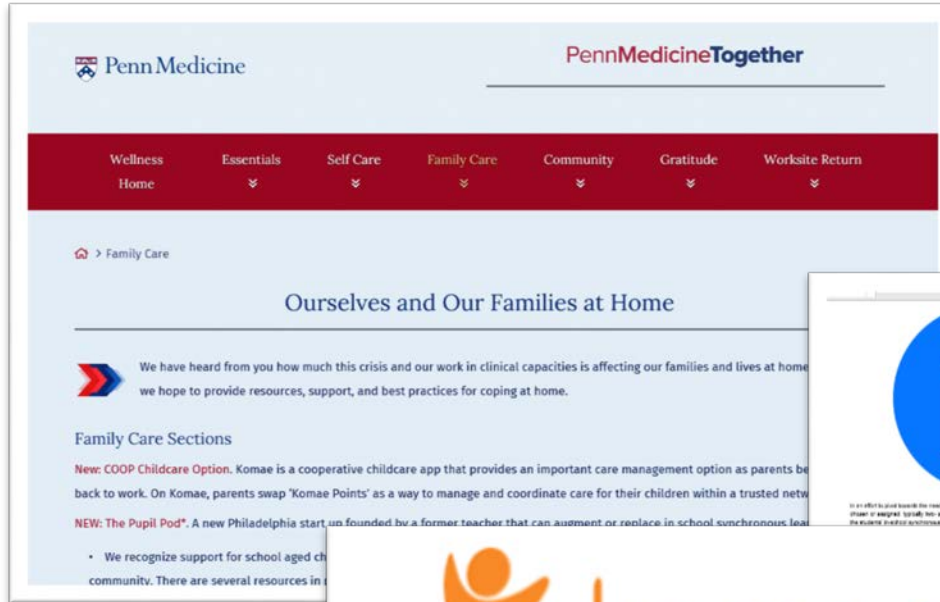


The screenshot displays the Penn Medicine website's 'UPHS COVID-19 Learning' section. A dark blue header contains the Penn Medicine logo and a search bar. A red sidebar on the left lists navigation options: Curricula for Clinicians, Treatment and Testing Guidelines, Infection Control and PPE, Quick References, Telemedicine, Switchboard (PennKey protected), Pennchart Education, and Patient and Family Communication. The main content area, titled 'Lead Strong', features the 'LEAD STRONG' logo and a message from Penn Medicine leadership. The message states: 'As a Penn Medicine leader, we truly appreciate all you are doing to navigate these unprecedented times. Whether leading teams on the front lines or adapting to the new virtual environment, each and every one of you have stepped up like never before. This site is designed to provide ideas and best practices around leading yourself and your team during adversity. Remember that there is a potential for leadership at all levels. Now is the time to take action and make a difference. Use these resources plus your own creativity to design new ways to lead in tough times, great times and everything in between.' Below this, a box titled 'Lunch with Leaders' contains the 'LEAD STRONG' logo and the text: 'We are leading in a time of transformation. "Lunch with Leaders" is a one-hour, virtual leadership development series which Penn Medicine leaders can connect and share practical tips for leading effectively. Please join us live, Thursdays at noon! BYOL -bring your own lunch!'.

...so, what did YOU do on your (COVID) summer vacation?



# Breaking News



**NEW!** [PennMedicineTogether](#) with additional childcare and self-care resources:

- [Family care](#)
- [School age resources](#)

# Today's Objectives

- ▶ Understand what it takes to be a resonant leader
- ▶ Share challenges
- ▶ Discuss tips and best practices to be the best leader you can be



*Lunch with Leaders*

# Participate in Poll Everywhere

**#1**



**#2** What emotions are you feeling today?



# Lunch with Leaders Guests



**Deborah A. Driscoll, MD**

Senior Vice President, CPUP  
Vice Dean for Professional Services  
Perelman School of Medicine



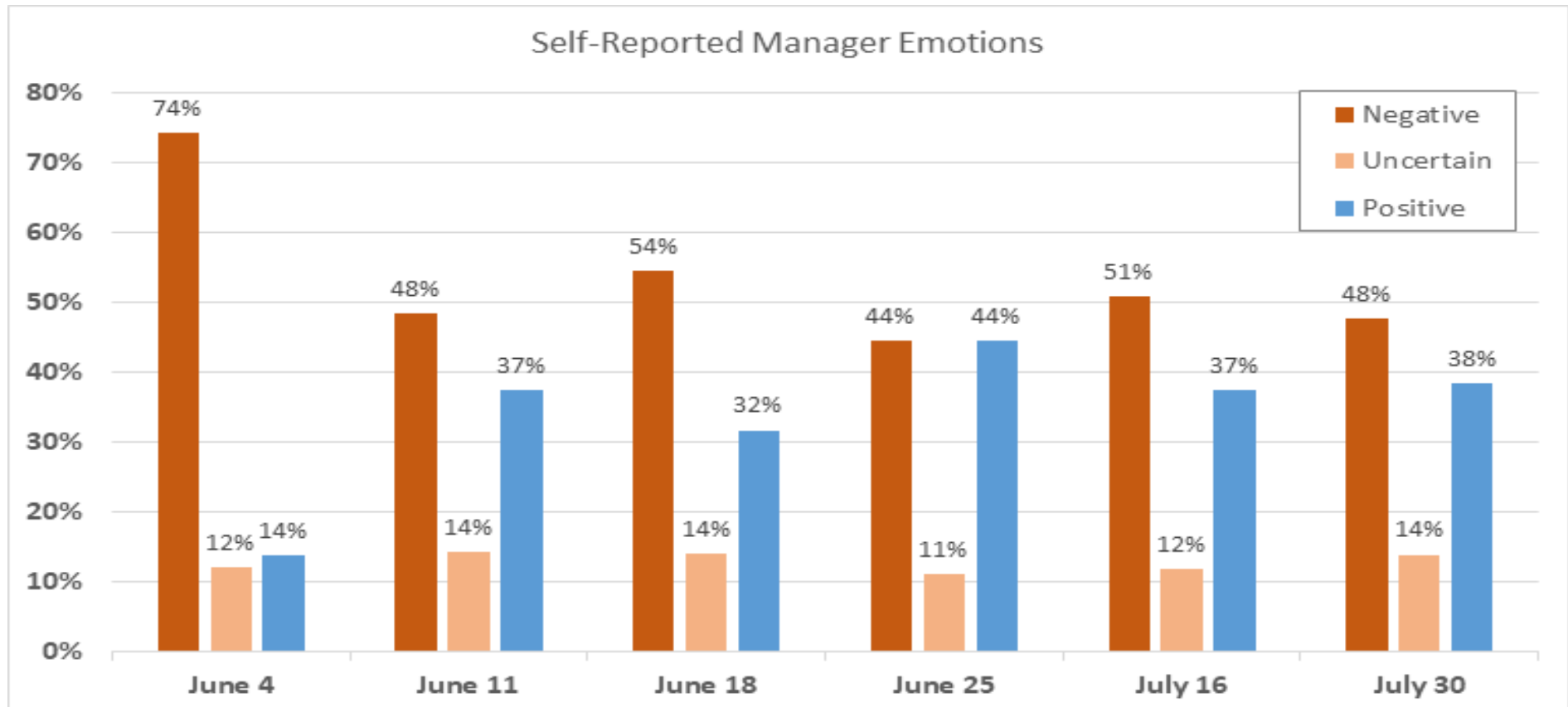
**Fran Johnston, PhD**

CEO, Teleos Leadership Institute



# What emotions are you feeling today?

# Your Self-Reported Emotions Over Time



# Emotions Impact our Teams

## In Teams:

### Positive Emotions:

- ▶ Boost cooperation, communication, performance
- ▶ Promote job satisfaction/reduce turnover
- ▶ Enhance team innovation

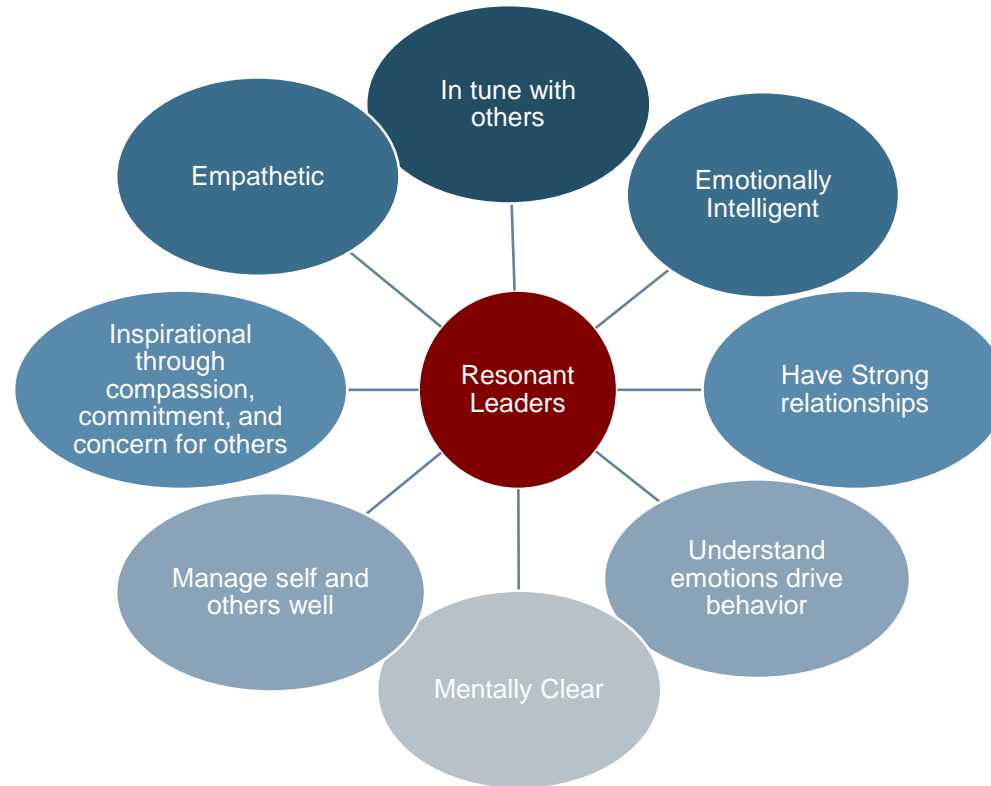
### Negative Emotions:

- ▶ Harm relationships
- ▶ Inhibit team communication/performance
- ▶ Shift team focus from task to relationships
- ▶ Slow down work

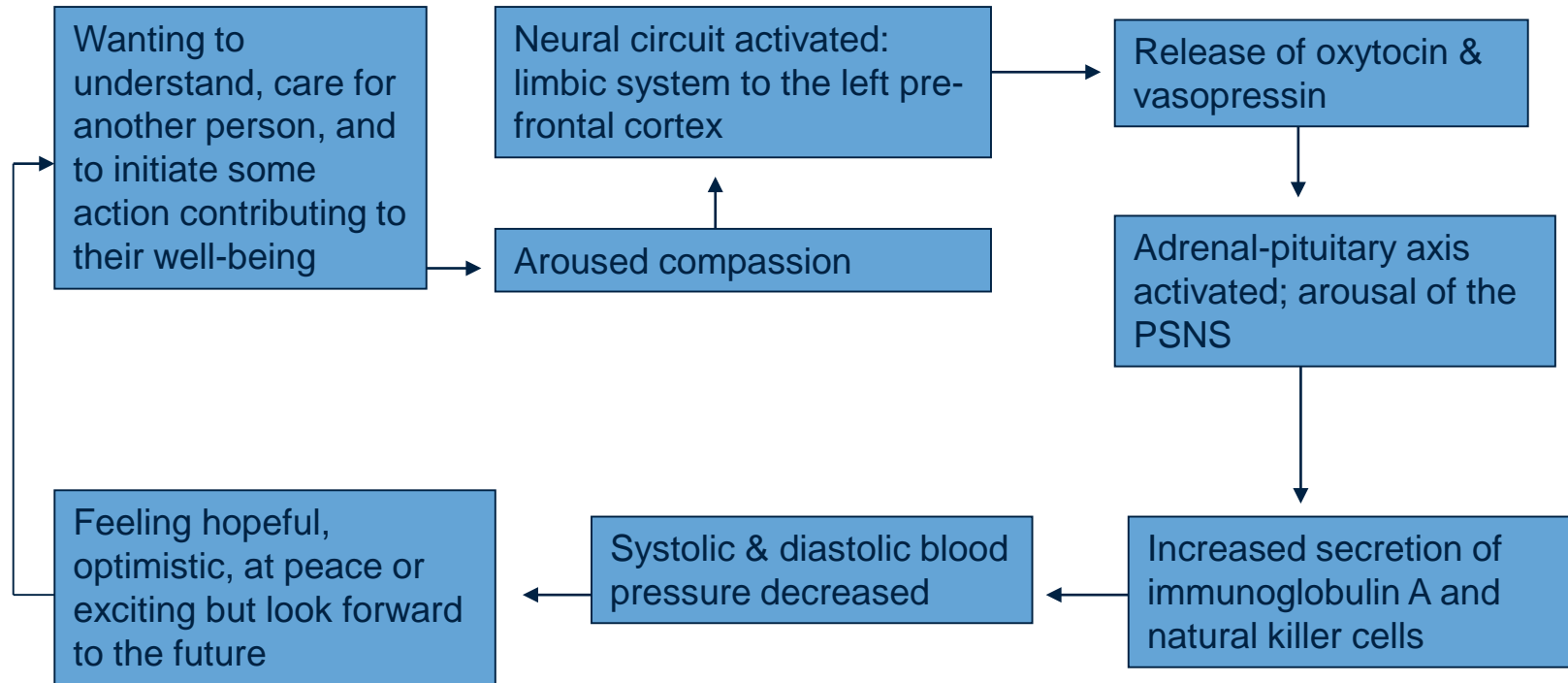


Mackenzie, F. (2007). *Destructive Emotions*. Gardners Books.  
Fredrickson, Barbara L (2009). *Positivity*. New York: Three Rivers Press.

# Resonant Leaders...



# Renewal: Engaging the Parasympathetic Nervous System



# Five practices that don't take time and are like multi-vitamins

1. Breathing – three deep breaths
2. Gratitude – being appreciative
3. Mindfulness – paying attention, noticing
4. Compassion – for self and others
5. Hope – a guiding, inspiring vision

McKee, Annie. *Management: A Focus on Leaders*. 2012 ©Pearson/Prentice Hall



# Noble Purpose

- ▶ The dictionary definition of noble is “possessing outstanding qualities, arising from superiority in mind or character.” Or “relating to high moral principles based on high ideals or revealing excellent moral character; magnificent.” Add to that the notion of purpose: “the reason for which something is done or made.”
- ▶ Building Blocks of Noble Purpose:
  - *What are the values that are most important to me?*
  - *What issue or cause is enduring in my life?*
  - *What do I want to be remembered for?*





# Upcoming Lunch with Leaders LIVECast

## ***Dream Careers Realized***

Our guests: **Kristy Weber, MD**, Vice-Chair of Faculty Affairs, Department of Orthopedic Surgery  
**Monica A. Heuer**, Chief Administrative Officer, Heart and Vascular Service Line  
**Scott Schlegel**, VP, Regional Physician Group, PMMG

September 24, 2020 at 12 pm

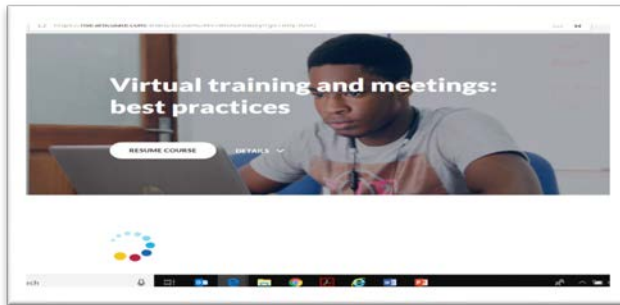


*Lunch with Leaders*

# Resources



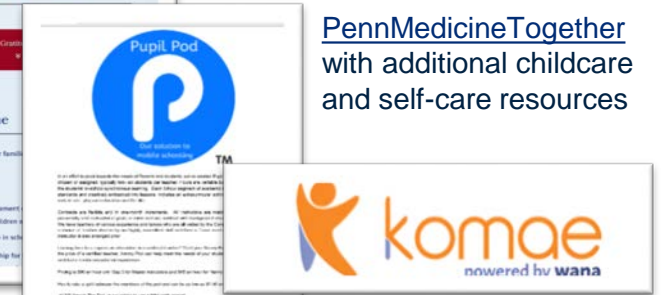
Visit the [Lead Strong site](#) with curated leadership articles, resources and tips



Check out our [Leadership pathways on Virtual training and meetings](#); [Leading a virtual team](#), etc.



[PennMedicineTogether](#) with additional childcare and self-care resources



Visit the [PennCOBALT](#) for

- Individual support
- Group support
- Wellness content

# Exit Poll Everywhere

