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:
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.

Please note that the session will be recorded
Welcome to Lunch with Leaders

- Welcome

- What is Lunch with Leaders?
…so, what did YOU do on your (COVID) summer vacation?
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
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

Self-Reported Manager Emotions

- Negative
- Uncertain
- Positive

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<tr>
<th>Date</th>
<th>Negative</th>
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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

Resonant Leaders...

- In tune with others
- Emotionally Intelligent
- Inspirational through compassion, commitment, and concern for others
- Have Strong relationships
- Understand emotions drive behavior
- Mentally Clear
- Manage self and others well
- Empathetic
Renewal: Engaging the Parasympathetic Nervous System

Wanting to understand, care for another person, and to initiate some action contributing to their well-being

Neural circuit activated: limbic system to the left pre-frontal cortex

Aroused compassion

Release of oxytocin & vasopressin

Adrenal-pituitary axis activated; arousal of the PSNS

Feeling hopeful, optimistic, at peace or exciting but look forward to the future

Systolic & diastolic blood pressure decreased

Increased secretion of immunoglobulin A and natural killer cells
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

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
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.

Visit the **PennCOBAL{T}** for:
- Individual support
- Group support
- Wellness content

Visit the **PennCOBALT.com** with additional childcare and self-care resources.
Exit Poll Everywhere