




Reconnect & Rediscover:
A Convening Pediatric Experts
and Advocates
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Pediatric Nurse Practitioners
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Experts in pediatrics, Advocates for children. 1

1



**Using Compassion
and Courage
for Transformational Change**
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2

Disclosure

- I serve on the NAPNAP Executive Board as Member-at-Large
- I have no financial disclosures

NAPNAP

3

3

Learning Objectives

- Identify key personal beliefs which serve as “guideposts” in work as pediatric health care providers and leaders.
- Cultivate strategies to strengthen moral courage and compassion for self and others.
- Strategize use of courage, compassion and identity to cultivate transformational change.
- Identify the relationship between compassion, courage and transformational leadership practices.



4

4

My why



5

OUR whys....

- (Radical) Transformational leadership **is available** for anyone (and everyone) who has a courageous, compassionate heart.
- “*Courage* is the beauty of human consciousness where our compassionate heart breaks open and an related to any/every human being or aspects of earth as one, with **inner capacities and wisdom** as the source of our action”
→ NOT COMPARTMENTALIZED



6

What's **your** WHY?



7

Two kinds of leaders (Leadership, JW Burns)

Ordinary

- Transactional
 - Deal-makers
 - Direct people, projects
- forgotten

Extraordinary


- Dynamic
 - Collaborator/partner
 - Empowers people who implement, complete move projects forward
- remembered

8

Your **radical** transformative powers




9



You've started the process... by starting!


10

Identify your "guideposts"



11

- I stand for _____
(the universal value you wish to *embody* or *manifest*)
- I wish to generate _____



12





Three innate attributes

13


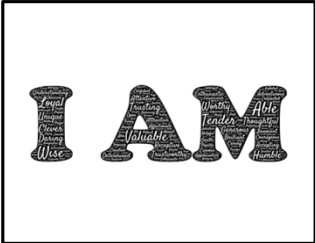
Transformational leaders:

- Universal Heart of Compassion
- Burning desire for Equity
- Discerning eye to see both visible and invisible patterns



14

Knowing your **"Who I am"**



15

6 steps:

- Identifying what you stand for (recognizing inner greatness)
- Articulate what you **stand for**
- Knowing your fears
- Transcending your fears (Moving the fear from being strong → giving inner strength)
- Committing to action (our deepest self is used through full consciousness)
- Create a platform for others to source the inner capacities for actions and results



16

Embrace what you find...



17

Your Wisdom profile



18

Cultivating Moral Resilience

- Foster self-awareness in yourself and others
- Develop self-regulatory capacities- STILLNESS vs. slowing down
- Develop ethical competence
- Speak up with clarity and confidence
- Find meaning in the midst of despair
- Engage with others while remaining authentic
- Participate in (ongoing) transformational learning
- Contribute to a culture of ethical practice

Rushton CH. (2016). AACN Advanced Critical Care, 27(1), 111-119.



19

Consider...

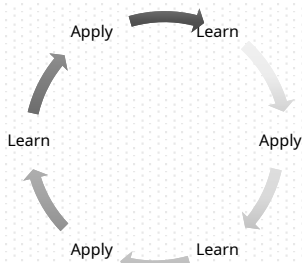


- What interventions/tools will you use to support **your** moral courage and resilience during this season and for the rest of your career?
- What interventions/tools will you use to support your colleagues/team moral courage and resilience?
- What can you do to continue this process of developing moral courage while preparing for radical transformational leadership?



20

Continuum of cultivating courage...



21

Your transformational leadership role:

- Knowing vs. expressing
- Assertiveness
- Effective negotiation
- Role modeling
- Conflict resolution
- Coaching and mentoring
- Assuming Goodwill
- Building resiliency and agility



22

“Every act of courage, compassion and service awakens a new story, a new possibility for healing on this planet.”



23

Courage: for the *future* as well as ourselves



24

Thank you!

Questions/Comments:
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25

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26

26
