

Becoming A Leader

- ❖ Self-awareness,
 - You know your moods, emotions and inner drive
- ❖ Self-regulation,
 - You can keep your emotions in check
- ❖ Motivation,
 - You have passion and enthusiasm for your work
- ❖ Empathy,
 - You find common ground with others
- ❖ Social skills,
 - You understand and respond appropriately to others

Effective Leadership

- Develop others: Provide knowledge and feedback
- Inspire: Offer a vision that motivates others
- Bring about change: Recognize a need and implement the process
- Influence: Create effective persuasion tactics
- Manage conflict: Negotiate and resolve disagreements
- Collaborate: Create group harmony, while working toward a shared goal

Mentorship

My Mentors

- Barbara Ross-Lee, DO
- Shirley Johnson, Ph.D. - Margot Kurtz, Ph.D.
- Dorothy Carnegie , DO
- Max “Ted” McKinney , DO
- Gerry Robbins , DO - Mel Linden , DO
- Ed Loniewski , DO
- Frank McDevitt , DO

My Osteopathic Journey

- Student - Class of 1979
- Educator- Preceptor, Junior Partner, Residency Director, COGMET- original organizer FM, ACOFP Residency Inspector, MCGME-President, Professor MSUCOM, Mentor FM Interest Group 1994-2012, Faculty Excellence Advisor
- Researcher- National Evaluator of HRSA Grants, Primary Investigator of Multiple HRSA Grants, Co-Author and PI of HRSA Geriatric Grant.
- Fellowships- MSU COGMET Faculty Development, AOA Health Policy
- Leadership – President of Ingham Co. Assoc X2, MAOFP(first woman), and MOA, AOA Board Member, MSUCOM Chair of FM. Patenge Award 2003. Woman of Excellence 2017
- Author – Agging Optimally: Essentials Tools For Healing Pain of Body, Mind and Spirit

“I’m a great believer in luck, and I find the harder I
work the more I have of it.”

Thomas Jefferson