Leadership: Your Super Power!

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Affiliation or Financial Disclosure

• Vanessa Hayes  
  • Nothing to Disclose

• Jeremy West  
  • Territory Manager - Ignite Foodservice
Learning Objectives

• Understand the stories we create
• Participants will learn strategies for recognizing the 3 forks in the road on their leadership journeys
• Participants will learn tips for navigating each of the 3 paths of leadership
• Laugh, Cry, Learn and Share Courageously
The Stories We Create

What Happened
Co-worker snaps at us

The Story
They are prejudice and don’t like me
What’s the Danger of a Good Story?

What Happened
Co-worker snaps at us

The Story
They are super busy and were dealing with a 911
The Stories We Create- Jeremy

What Happened

• Babysitter abused me when I was 4/5
• I got in trouble for her actions

The Story

• I’m broken
• I must protect myself by putting up walls/façade
What’s Your Lens?

What Happened
• Babysitter Abused Me when I was 4/5
• I got in trouble for her actions
• Parents Divorced

The Story
• I’m broken
• I must protect myself by putting up walls/ façade
• Can’t count on my parents
The Stories We Create - Vanessa

What Happened
- There were stories of lunch application fraud in the system
- I was non-renewed

The Story
- I was not a good director
- It was my fault
What’s Your Lens?

**What Happened**
- There were stories of lunch application fraud in the system
- I was non-renewed

**The Story**
- There was a political move made by the Board
- I did nothing wrong; the Principal and Board were at fault
Start With Why

Why Do I Do What I Do?

Do I Like What I Do?

Do I Want To Do More Than What I Do?

How Do I Transform What I Do?
Things That Dirty Our Lenses: Filters

Finances
Jealousy
Lack of Trust
Lack of Integrity
Personal Tragedy
Lack of Qualification
Gossip
Cleaning our Lenses: Filters

- Down Time
- Meditation
- Exercise
- Faith
- Job Hopping
- Keeping Busy
The 3 Forks

Initial Exposure (Growth)
Transitional Phase (Stretch)
New Position/Responsibilities (Elevation)
Leadership Journey - Grow

- Learning
- Being Fed
- Continual Evolution
- Self Doubt
- Being The New KID
- Looking Back
- Absorbing All You Can
Leadership Journey - Transition/Stretch

- Saving the Scraps
- Enhancing What Your Skill Set
- Becoming Career Learner
- New Successes
- Uncomfortable Limbo
- Self Doubt
- Mourning What You Left
Leadership Journey - Elevation

- Optimism
- Highest Form of You
- Challenging What You Think You Know
- Leaving It All On The Table
- Becoming a Risk Taker
- Being the Go To
- Performing Without Compensation
Thank You!

meet ME in St. Louis

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