



Leading the Way to Emerald City

58th National Convention
Catholic Daughters of the
Americas
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Dallas, Texas

1. Believe in Yourself

Imposter Syndrome

Self-doubt

Compare themselves

Facing failure

Guilt

Fear

Choose resolve-not distress

Believe in Yourself

Make luck a choice

Think lucky

Feel lucky

Living true to ourselves

Most regret???

What holds us back???

Courage Can Be Learned!

2. Build Confidence

Preparation

Visualization

Self Awareness

Will I.....

Step up!

Small successes

Build Confidence

Assume the best intentions of other

Do the following

Careful listening

Focus on behaviors

Step back!

Key ingredients

Assumptions-Build Confidence-Result in effort and work

3. Accepting the Challenge

- Our own fears!
- Accept the challenge of growing and learning.
- To get the greatest leaders from within our organization, challenging and meaningful work is the strongest medicine we can give them!

4. Expressing Gratitude

- Showing gratitude
 - Meaningful work
 - Being challenged
 - Being appreciated
- Sense of joy and satisfaction
 - Personal pride
 - Humor

Expressing Gratitude

- Leadership role
Expertise-use it!
- Being of service
Not what can I get
What can I give?
- Kindness

5. Grant Autonomy

- Feel ownership/take responsibility
- Rarely learn from success
- Understand the greater picture

6. Working with difficult regent/officer/member

- Criticized causes criticism
 - Negative attitude creates negative attitude
- Always right
 - Listen then reiterate
- Outline resources

7. Hiding ourselves

- Why do we hide ourselves?
- The Five-to-One Rule
- Ridicule!
- Give credit where credit is due

8. Being fully present

- Listening intently
- Being aware of ourselves
- Being aware of members
- Focusing on task at hand

9. Inspire Others

- Predictor of success
 - Positive workplace
 - Sense of community
 - Personal fulfillment for all members
- Embracing Life's Calling

10. Being successful

- Accepting diversity
- Team projects
- Mentoring program
- Energizing others
- Ways to energize
 - Suggesting becoming orders
 - Lead with questions
 - Listening sessions
 - What are you here for?

11. Take a Break

- Respecting sleep
 - Quality of work decreases
- Take a break from technology
 - Nomophobia
 - Email checks 3 times a day
- Taking a break when busy
 - Schedule regular breaks
 - Mini-breaks

12. Lead by Example

- Start by doing small things well
- Let big things happen!

You can do anything!

- Believe in yourself
- Accept the challenge
- Guide, don't dictate
- Be authentic
- Embracing life's call
- You will be successful

- CDA Can Do Anything!



Leading Others to Emerald City