

# DESCRIPTION OF THE PARTY OF THE

Nicole Lewis Capital Area Health Network Richmond, VA HR Director

### Serving & Leading with the Control of the Control o



- Why?
- Develop Yourself.
- Reflection.
- Craft YOUR Recipe.

"We have to do tough things and feel our way through tough situations."

Brene Brown



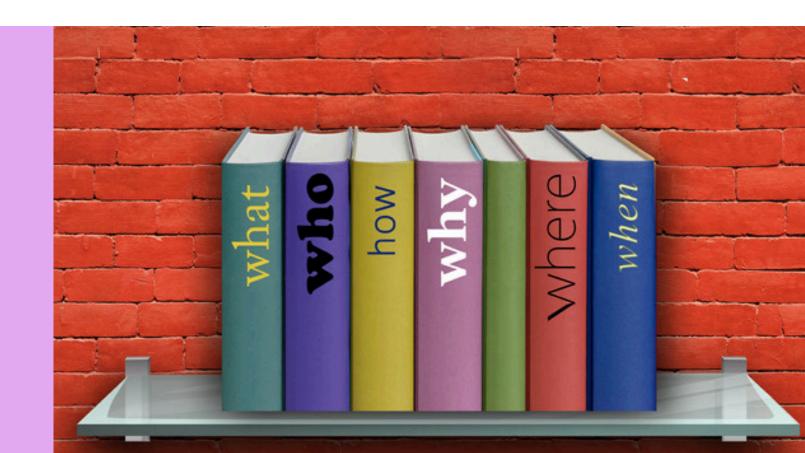
Define **your** why?

Ask yourself "why do I do what I do?"

Buy-In

Why are you in your role? Why are you at **this** organization?

Does the Mission, Vision, & Core Values of your organization speak to your Why?



Self-Care

Continuing Education

Support Network

Peer Consultant; Mentorship



## Develop Jourself. BESTERSE

Pour into **YOU**.



Acknowledge the past. Focus on the logic.

Now, reach into the logical side of your brain and do what is needed.

**Emily Endert** 





Create the combination that works for YOU.





Resilience is built with a solid foundation.

### **Resilience Recipe**

Confidence

Vision

Awareness

GRACE

Emotional Intelligence

Postitivity



