

The Future Leaders Programme

Leaders Digest (August 2018)

Hello!

Welcome to the August edition of Leader's Digest, my inaugural edition as a new fellow!



Phrase of the month

“The only thing necessary for the triumph of evil is that good men do nothing.”
Edmund Burke

Quotes of the month

“The key to successful leadership is influence, not authority”. Ken Blanchard

My team regularly takes on new graduates; they frequently worry about what they can do as 'just' a band 5, so it can be helpful to remember that it doesn't matter what title you put on your ID badge, it's how well you can persuade Joe Bloggs to do the things you need them to do to aid their recovery.

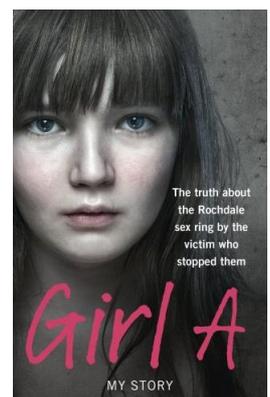
“Not all of us can do great things. But we can do small things with great love”. Mother Teresa

Community dietetics is rarely glamorous, and frequently involves conversations about bodily excretions. I frequently come back to the Mother Teresa quote when my perspective wanes!

Book recommendation

Girl A: The truth about the Rochdale sex ring by the victim who stopped them (anonymously penned).

A really harrowing read about being a victim, about resilience, and about the things professionals could have done differently.



TED like talk of the month

“What I learned serving time for a crime I didn’t commit”

Teresa Njoroge

Available [here](#).

I am really inspired by this lady’s attitude of leadership in response to injustice. The conviction was eventually overturned and she has turned her energies into breaking the offending cycle in prisons

About me

I’m a community dietitian; in the last few years I’ve led on projects reducing incidence of pressure ulcers through nutritional intervention; the use of an app for people with IBS to self-monitor their symptoms which is uploaded to their medical record; and supporting people with malnutrition to self-manage their prescribable nutritional supplements. This last project has found commercial interest internationally, which has exceeded my expectations; I’m holding out for a pressing need for training in Barbados!

My Project

Following my local improvement work, moving to the Improvement Academy seemed an obvious fellowship choice for me. My projects are in the Emergency Department checklist, QI training, and support for Second Victims. Like most of us newbies, I’m still getting to grips with my projects – so I don’t have a massive realm to share. However you will have all been aware of the story of Hadiza Bawa-Garba which recently hit the headlines; the timing of this as I take up the mantle on the Second Victim work has had a significant impact on my approach to this work.

I have been reflecting considerably on victims, those in power/authority over those victims, and the role of leadership in working towards solutions, being advocates, and our attitudes towards those who are going through those experiences. One of Dr Bawa-Garba’s colleagues is reported to have said “it could have been any of us”; so often in life this is true – not just in clinical circumstances, but much more widely. Any of us may have been or have the potential to be victims of abuse, of trafficking, of false accusations. As such, you will notice a theme in my recommendations of the month. I was going to apologise for the sombre tone, but I know we all went into the health service to help others, and none need our care and compassionate leadership more than those who are vulnerable.

Upcoming events

23rd August – Myers Briggs Course

30th August – Action learning Sets course

5th September - [NHS Health Expo](#)

26th September – Bimonthly meeting