

The Future Leaders Programme

Leaders Digest June 2018



Hello and Welcome to Leaders Digest!

I'm Nick Long and I've put together this month's Leaders digest. I can't believe how close August is already! For those like me finishing soon, I hope you enjoy and make the most of these last two months.

Quote of the month

“Behind every great [man] is an even greater [woman]”

The gender balance of this quote is hopelessly out of date, isn't it?! So why have I put it here? Well, the picture of me below brought it to mind, not because I think I'm great (I am after all, a medium kind of guy!) but because behind me is the greatest woman in the world. What isn't out of date is the centrality of our personal relationships to our ability to fulfil ourselves, and the need in our leadership roles to recognise this in ourselves and in others.

Book Recommendations

Our Iceberg Is Melting – Changing and Succeeding Under Any Conditions

John Kotter, Holter Rathburger

Maddy mentioned this book last month, and I've been recommending it to everyone this year so couldn't leave it out! I find the language of change management and leadership texts very off-putting and at times nauseating, so I naturally warmed to learning via a story about penguins written in large font! The trick here as in all fables, as well as readability, is that the characters are relatable and help to understand the behaviour of change. And if it isn't your thing, at least it is short!

Living Leadership – A Practical Guide for Everyday Heroes

George Binney, Colin Williams, Gerhard Wilke

A highly rational and insightful book on leadership, which does away with the notion of transformational heroes and looks at leadership from a realistic and human perspective. This is a really good book that hits the spot a lot of the time, particularly for someone like me who doesn't instinctively view themselves as a leader. It can be a little repetitive and slow going (maybe not enough penguins?) but worth persisting.

Video of the Month



This video is from the RSA collection. It is by Dr Brené Brown and focuses on empathy. This is a short one and I'm sure several of you will have seen it already, but if you have longer then check out her thoughts on vulnerability as a strength, and its relationship to leadership.

Voice: Dr Brené Brown. Animation: Katy Davis (AKA Gobblynnne) www.gobblynnne.com. Production and Editing: Al Francis-Sears and Abi Stephenson

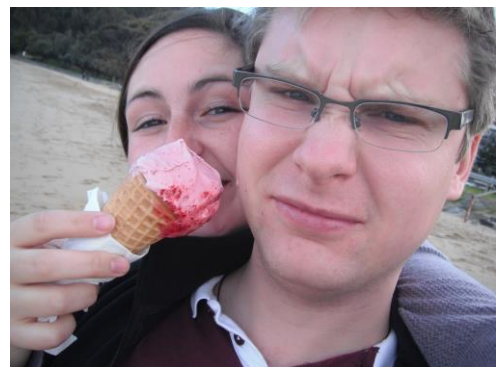
Fellow Progress

Who am I?

I'm a higher trainee in Old Age Psychiatry based in Sheffield, and my fellowship focuses on physical and mental healthcare integration.

My projects

I'm involved in a wide range of work. My main focus has been the design and delivery of a physical activity course for people with severe mental illness, which has grown into developing a city-wide collaborative in this area. I've also helped to establish a mortality review group in our Trust, collecting data but more importantly trying to embed systemic learning from the deaths of those under our care. Add to this setting up a health-check clinic for people on clozapine, visiting other Trusts and reporting back on their physical health practice, chairing the regional higher psychiatry trainees committee and setting up an enhanced junior doctors forum, and that has made for a busy but fruitful year!



Interesting Experiences

Knocking on doors – I've managed to have conversations with local medical directors, CEOs (I've even met every 6 weeks with our Trust's CEO) and others outside of healthcare (such as the CEO of the British Olympic Association) about leadership. I've been trying to be '10% braver' by knocking on a few doors and had some great discussions as a result.

Interviewing – I've been on two interview panels this year, which was a worthwhile and interesting experience (helpful also when thinking about being interviewed myself!).

Dates for Your Diary

7th June	Myers Briggs Step 2 (DVH, Sheffield)
11-12 th June	Sheffield Microsystems Coaching Academy Expo (Sheffield)
14th June	Lessons from the Porter Seminar (Showcase Cinema, Sheffield)

https://www.yorksandhumberdeanery.nhs.uk/education/future_leaders_programme/information_for_fellows/calendar_of_events

Thank you for reading!