



Leadership Fundamentals: Building a Resilient Mindset

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- "...I would recommend others look into Google's SIY (Search Inside Yourself) leadership program. It can be done online or in person (which is how I participated) and it was an excellent jumpstart into mindfulness / meditation habit as a way to help manage stress and learn 'soft' leadership skills."
- "... Just an encouragement that taking care of yourself includes getting a physical and know your lab results, sugar, cholesterol, etc."
- "I found success logging my hours to give myself permission to take additional breaks throughout the week where it makes sense. Helps with balancing work/life and kids schedules."
- "'Little Black Book of Connections' by Jeffrey Gitomer was the book mentioned."
- "Our Chamber encourages a "flexible" office - we are welcome to take time we need to do workouts at lunch, off campus coffee clatches and meetings so we don't get "office-bound." It really helps to see other visuals during the day..."

We have 14 people on our staff so it'...so it's easy to stagger the staffing so that someone is always in the office. . .and as long as our work gets done, we're good! And don't forget, there are ribbon cuttings, extra events in evenings, etc. so a flexible schedule is paramount to keeping everyone healthy and engaged."