

Navigating Change: Self-Leadership and Networking Skills



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Hello
my name is

- Name
- Role / Title
- How long you've been on the team?

Workshop GOALS!

01

Learn to use self-leadership as a tool for personal / professional growth, and managing change.

02

Enhance your networking and relationship-building skills

03

Strategies on how to navigate through change, essential in the research and healthcare sectors





NAVIGATING CHANGE

What have you learned about yourself in the last couple of months since the big changes on the team?

For instance:

- Feelings around the changes?
- Internal dialogue? Positive or negative?
- Optimistic or feeling disillusioned?
- Perspective?

SELF LEADERSHIP

Self-Leadership

BE KIND
HAVE GRACE
GIVE THANKS
SPEAK LOVE
&
STAY SWAGGY



Self-Leadership In Action Is ...

- 1 Good decision-making
- 2 Prioritizing tasks to manage time
- 3 Embracing adaptability
- 4 Developing resiliency
- 5 Life-long learning
- 6 Self-awareness

ACTION!

KEY

principles

O1 Self-Awareness: Think of it as a map highlighting your strengths, challenges, and triggers.

O2 Self-Regulation: Be the boss of your thoughts, feelings, and actions.

O3 Self-Motivation: It's about setting goals that mean something to you.

Self-Awareness | Worksheet

Self-Awareness Reflection: Think about a recent work-related experience where change was involved. How did you react?

Question 1: What are three strengths you recognize in yourself that help you navigate changes smoothly?

- Example: adaptability, communication, problem-solving.

Question 2: How could increased self-awareness in this area make handling future changes easier?

- Identify an area where you feel you could improve or a "yikes" moment you've experienced.

Action Plan: Based on your reflections, outline **one specific** way you will work to improve your self-awareness and how you lead yourself.

THE POWER OF NETWORKING



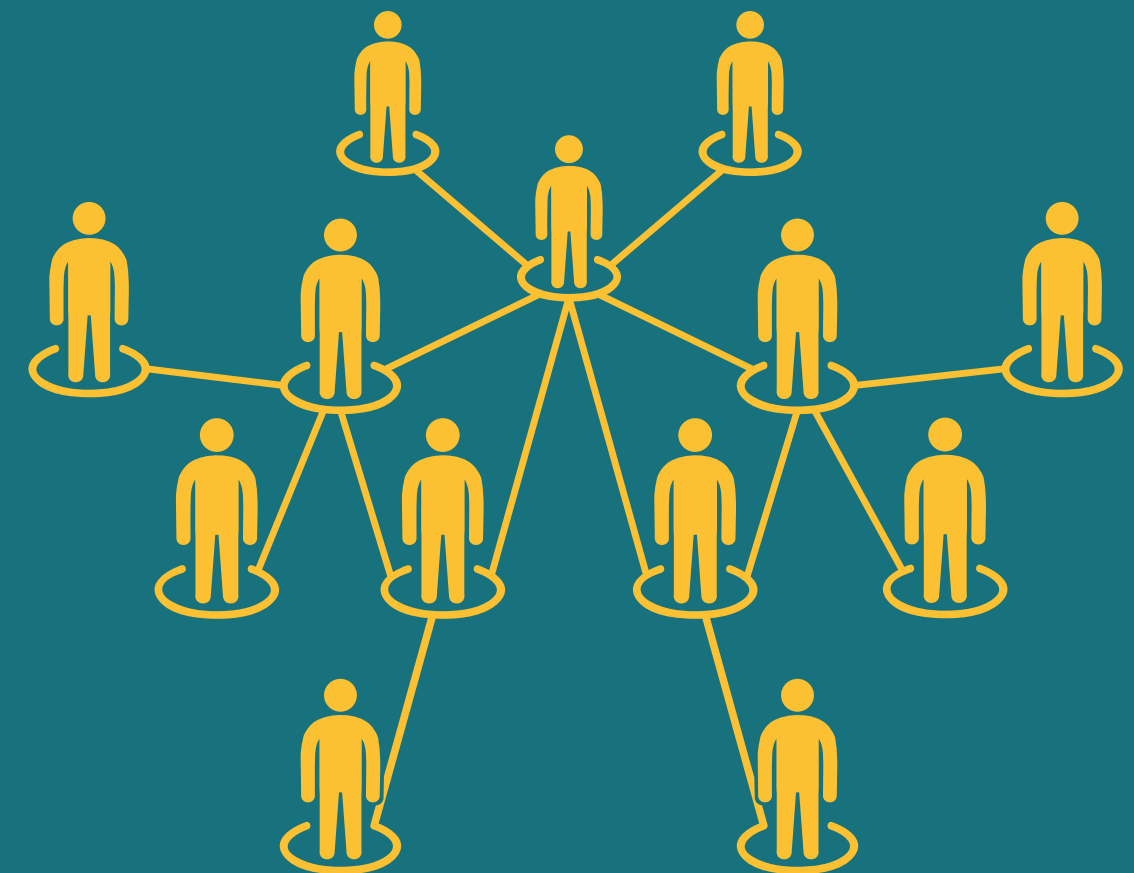
Networking Comfort Scale:

How comfortable do you feel initiating a conversation with someone you've never met before in a professional setting?

The Power of Networking

Quality community building involves a lot of networking, and networking done well leads to community building.

~ Anna McAfee





How to Network Effectively

Set Clear Goals

**Prepare
Conversation
Starters**

Follow Up

**Create an
“Elevator Pitch”**

**Embrace Your
Unique
Perspective:**

Spread Out



Strategies for Fostering Professional Relationships

Check-ins

Share Resources

Seek Advice

Be a Connector

**Express
Appreciation**

Adapting Communication Styles



**Understand
Preferences**

**Be Mindful
of Tone**

Listen Actively

**Be Concise
and Clear**

Accountability

We are committed to upholding responsible research in alignment with ethical practices and responsive to the needs of our stakeholders.

Excellence

We are dedicated to achieving world-class outcomes in all that we do.

Sustainability

We are committed to working together to ensure our long-term success.

Collaboration

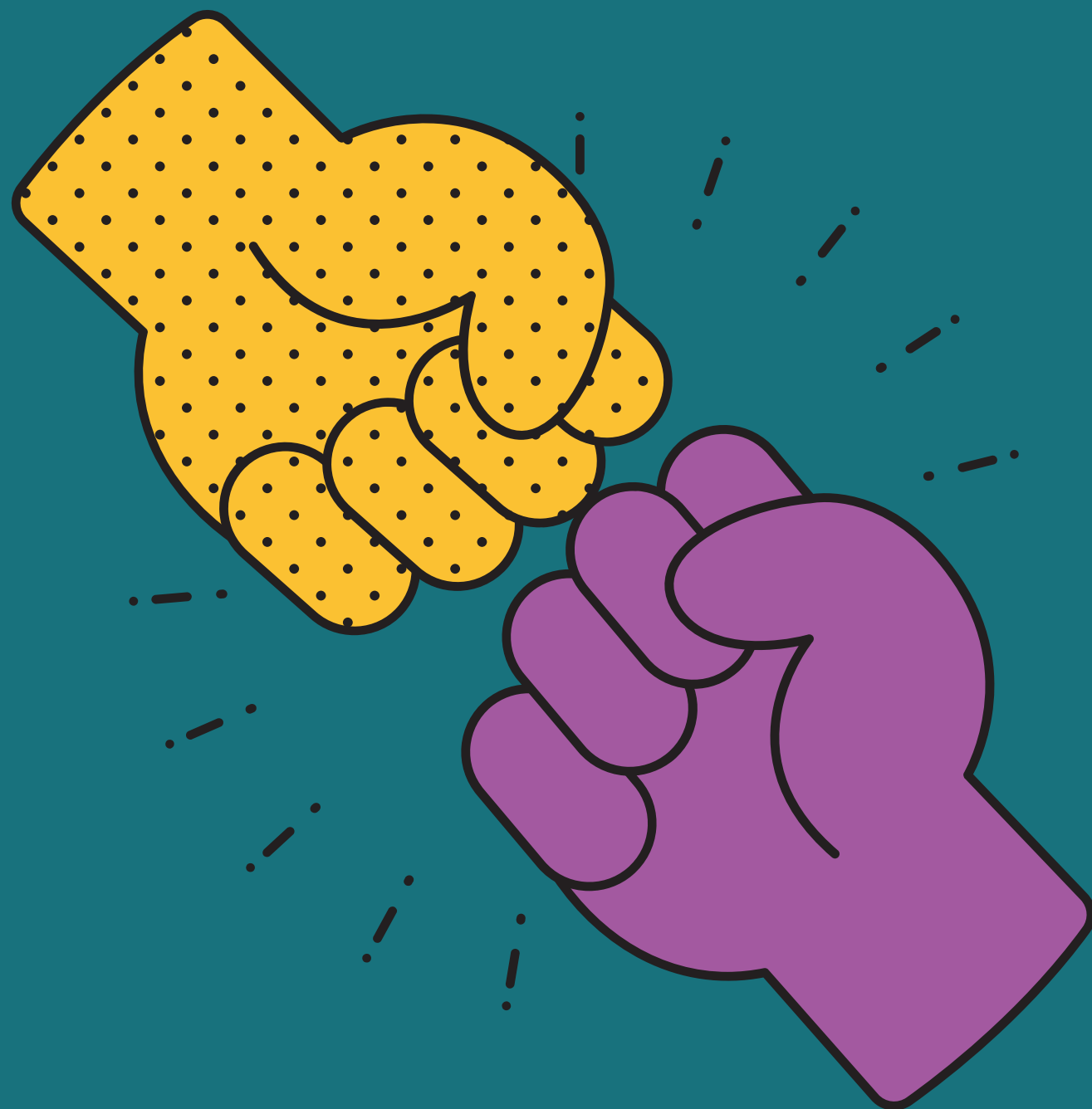
We are a diverse and inclusive team committed to engaging the community and applying multi-disciplinary approaches to achieve our goals.

Innovation

We foster a culture of inquiry; champion and drive change, and seek creative solutions in all that we do.







HOMEWORK



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Let's get social!
@RippleEffectLeadership

