



HOLISTIC LEADERSHIP **MINDSET PRIMER**

***CREATING PROFESSIONAL
CULTURES OF WELLNESS,
COMPASSION, AND GROWTH***

Lamarr E. Lewis of Lewis Family Consulting

and

**Northwest Mental Health Technology
Transfer Center**

***"IF YOUR ACTIONS INSPIRE OTHERS TO
DREAM MORE, LEARN MORE, DO MORE
AND BECOME MORE, YOU ARE A
LEADER."***

JOHN QUINCY ADAMS

***"Leadership is the art of giving people
a platform for spreading ideas that
work."***

Seth Godin



LEARNING OBJECTIVES

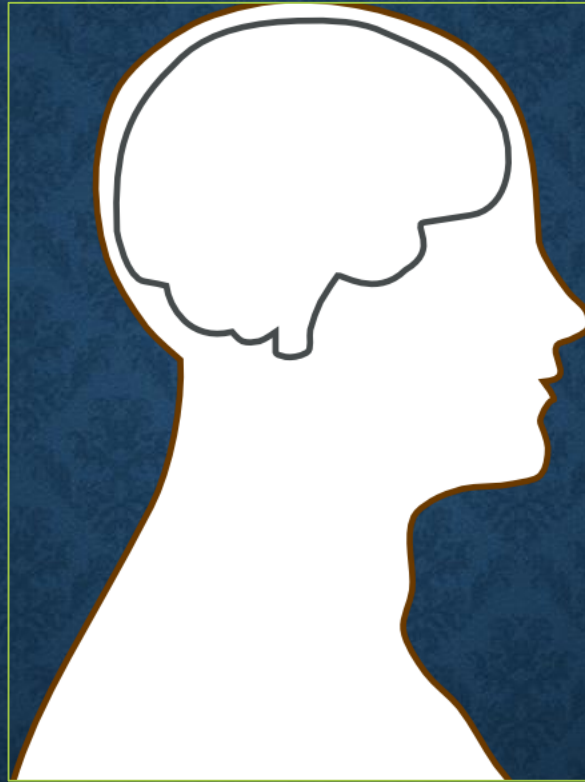
By the end of this webinar, participants will be able to:

- Communicate information effectively to generate value and empower others to achieve programmatic goals.
- Describe how personal issues and traumas, past experiences, as well as systemic and cultural barriers impact their ability to model consistent self-care for themselves and others.
- Develop ways to increase functional support and promote a workplace culture of collective wellness through innovative engagement methods and practical tools.
- Identify opportunities to promote equity to address access to care and service provision inequalities.



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ICEBREAKER



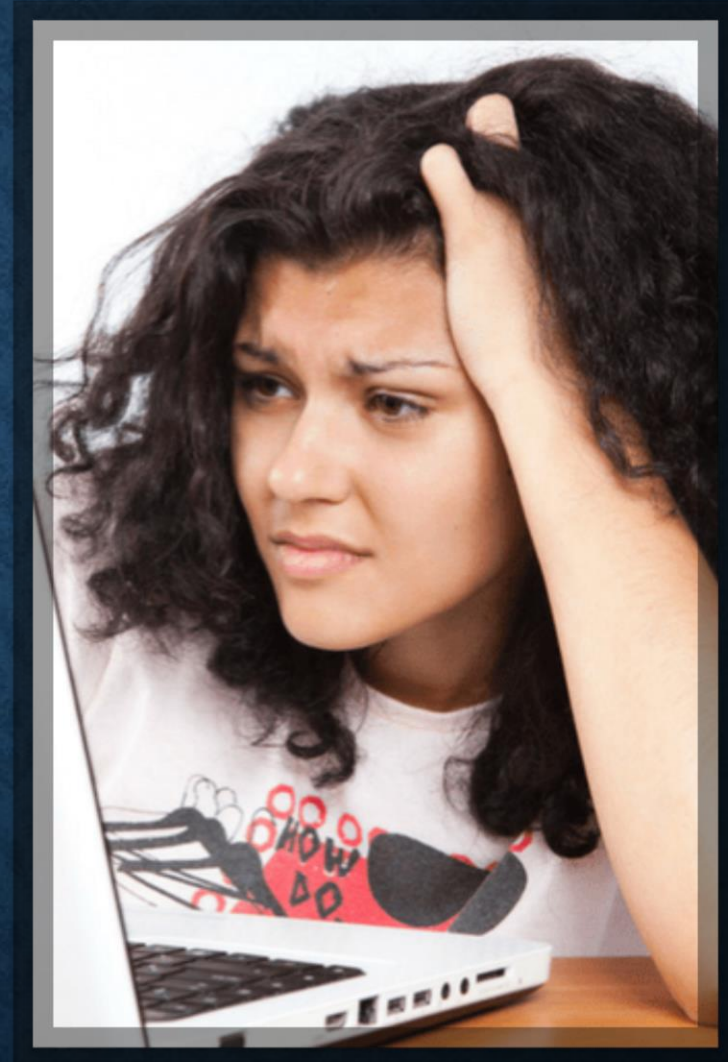
PART 1: LEADERSHIP MINDSET PRIMER

FOOD FOR THOUGHT...

**You as a leader, are leading a
WHOLE person, not just an
employee or staff. You as a
leader ARE a WHOLE person not
just manager, director, etc.**

PROBLEMS WITH MODERN LEADERSHIP

What are some problems you
have you experienced?



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Leadership First

“

As a leader, you are responsible for ensuring that your team feels valued and respected in order to achieve any kind of success.

”

@giffordthomas

WHAT IS HOLISTIC LEADERSHIP?



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WHY HOLISTIC LEADERSHIP?



YOUR RETIREMENT PARTY



WHAT KIND OF LEADER ARE YOU?

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PART 2: THE HOLISTIC APPROACH

- Wellness
- Compassion
- Growth



THE IMPORTANCE OF SELF-REFLECTION



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COMPASSION



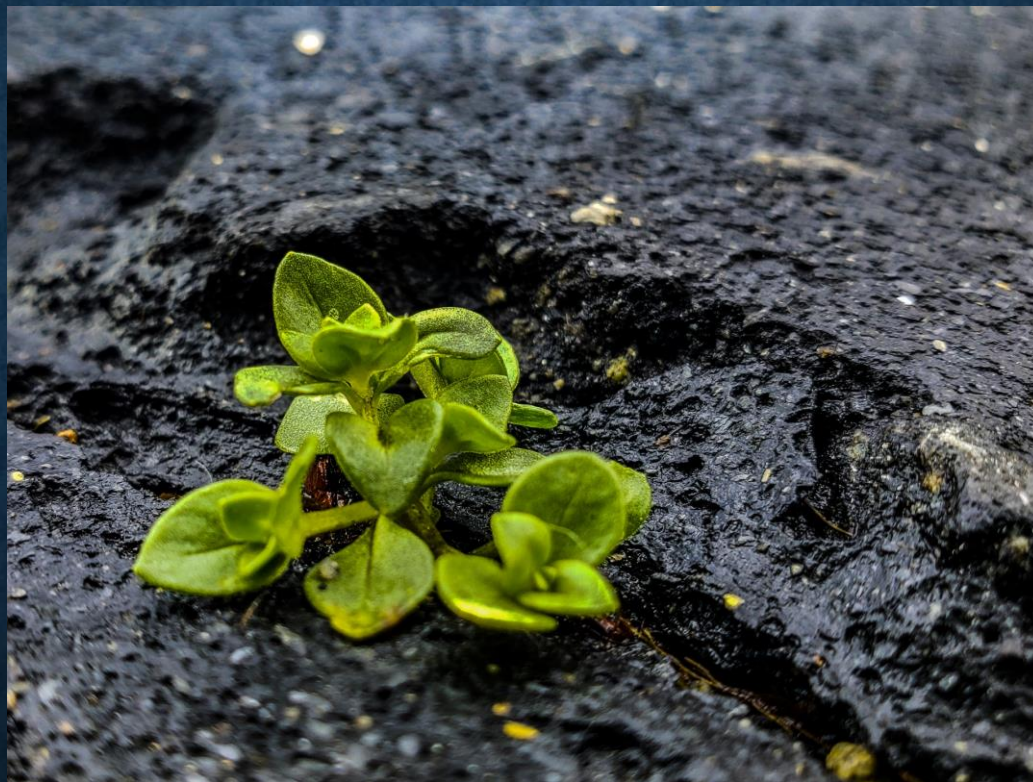
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TRAUMA INFORMED LEADERSHIP



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GROWTH



BIAS IN LEADERSHIP



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Plan

Update

Celebrate

Keep Going



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PUCK

PARTING THOUGHTS

Wellness: Awareness is Key

Compassion: “Look at the root, and not the fruit...”

Growth: Become the LEADER You Want to Follow

QUESTIONS?



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FOR YOUR TRAINING NEEDS

Northwest (HHS Region 10)



MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Be on the lookout for...

**Brave Spaces: A Learning Community for
Developing Holistic Leadership**

More info at:

<https://mhttcnetwork.org/centers/northwest-mhttc/home>

THANK YOU FOR PAYING ATTENTION!!!

**Lamarr E. Lewis, MA LAPC
CPRP**

Lewis Family Consulting

470-219-4348

www.lewisfamilyconsulting.net

***For more information on
trainings, workshops, and
consultations.***

