You're the CEO

Leadership Training for the Family Caregiver

Class No 3: Leadership Skills to Cope with the Day

Denise M. Brown
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You're the CEO

Your Leadership Skills

You lead.

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Your Leadership Skills

You lead when:

- You act on what's acceptable and what isn't;
- You shift priorities as appropriate and necessary;
- You give yourself a "back-out" plan;
- You find the positives;

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Your Leadership Skills

You lead when:

- You allow room for other's emotions and responses;
- You tell and listen to the truth;
- You allow others time to process the truth while you continue moving forward;
- You live.

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Your Leadership Skills

You lead by determining what's acceptable and what isn't.

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Your Leadership Tools

I accept:

- Quality care
- The truth

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I don't accept:

- Denial
- Hedging the truth
- Unhealthy decisions
- Poor care
- What wastes my time

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Your Leadership Tools

You lead by shifting priorities as appropriate and necessary.

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Your Leadership Tools

Shift priorities:

- As the day demands;
- As the situation demands;
- As the relationship demands.

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Most important, shift priorities as your energy, perspective, circumstances and resources change.

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You lead by giving yourself a "back-out" plan.

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If you can't do it all, what will you back out of?

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If situations and resources change, what will change:

- In your day;
- In your plans;
- In your work load;
- In your down time.

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You lead by finding the positives.

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The positives exist:

- In your wisdom;
- In your tenacity;
- In your sense of humor;
- In your perspective;
- In your choices.

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You lead by allowing room for other's emotions and responses.

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You decide, you choose. It's okay when others disagree.

There's room for both--your decision and their response.

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Choose what's best for you rather than choosing what you believe others want from you.

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You lead by telling and listening to the truth.

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Allowing the truth makes the most of your time.

Telling the truth saves you time.

Giving space to others to process the truth in their time means you can keep moving forward.

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You lead by living.

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Your Leadership Tools

Giving up your life will not save your caree.

Keeping as much of your life as possible saves your relationship with your caree while protecting your future.

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Giving up your life = giving up your future.

You deserve a future.

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The "Love, Actually" lesson.

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Tell us:

1. How will you keep a life outside of caregiving?
2. What is now unacceptable to you?

Thank You!

In our next class, we'll discuss

Leadership Techniques
to Make the Day Better

Thank You!

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