Navigating Leadership in the Midst of Change: Self-care & Healing Now
Welcome & Introduction

May Sagbakken
WELCOME
OST
LEADERS

CONNECTION
RESOURCES
INSPIRATION
ZOOM HOUSEKEEPING

Bathrooms - breaks/self-care
Thirst - water/hydrate
Sweat - hot seat/working
Yawn - cooling the brain down/ learning space

Talk - focuses express/share out/chat
Move - shake/walk/dance -integrity in the spine
Laugh - awkward/core
Celestina García

- UNM - B.S. Child Development
- Claremont Graduate University - Master in Education
- Founder Community Leadership Foundation
- Coaching Solutions- Leadership development facilitator
WHO YOU SAY YOU ARE REPRESENTS YOUR WORLD...

- NAME
- Work/Live
- MY WHY FOR LEADERSHIP IS...
LEADERSHIP IS...

CREATING A **VISION** THAT IS POWERFUL ENOUGH TO WITHSTAND THE CHALLENGE OF REDESIGN
Vision

Life

Oh My

...LIFE-ING:
Stability Anchors When Change Is Everywhere

- Mission
- Vision
- Values
- Accountability
- Traditions/Routines
- Strength based relationship

To make a great dream come true, the first requirement is a great capacity to dream; the second is persistence.

— Cesar Chavez
60 SEC POUR ON TO THE PAGE, UNEDITED
WHAT’S COMING UP FOR YOU REGARDING THE
MANY CHANGES YOU ARE EXPERIENCING
Look at your list and circle 5 words that stand out to you.
-From your list of words, what theme would describe your 5 words?
- What learning/leadership is being called forth from you based on your theme?
George Bernard Shaw:

“I am of the opinion that my life belongs to the whole community, and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work, the more I live. I rejoice in life for its own sake. Life is no brief candle to me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.”
RESOURCES
Maintaining Essence of Work

- Strength in Connection
- Hope/Optimism
- Leadership (Service)
- Self-Care
Safety: Personal/Professional

- Retooling Leadership
- Willingness & Grit
- Reflection
- Pivoting
- Pace Flexibility
Local Leaders Doing the Work

★ Annie Sanchez, Founder of Mariposa Strategies
  Clarity Pages
  MariposaStrategies.com
★ Giovanna Rossi Pressley, President at Collective
  Action Strategies, LLC - Well Woman Life
  wellwomanlife.com
★ Tamara Thorpe, The Millennials Mentor and Founder
  of Real Leadership workshops
  tamarathorpe.com
★ Val Day Sanchez, Educator - Speaker - Author
  Microaggression workshops
  the.only.black.girl.in.the.room@gmail.com
★ Kendra Toth, Educator - Presenter
  Reckoning with Whiteness" workshops
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INSPIRATION
IN THE SERVICE OF LIFE
By Rachel Naomi Remen

In recent years the question "How can I help?" has become meaningful to many people. But perhaps there is a deeper question we might consider. Perhaps the real question is not "How can I help?" But "How can I serve?"

Serving is different from helping. Helping is based on inequality; it is not a relationship between equals. When you help you use your own strength to help those of lesser strength. If I'm attentive to what is going on inside of me when I'm helping, I find that I'm always helping someone who is not as strong as I am, who is needier than I am. People feel this inequality. When we help we may inadvertently take away from people more than we could ever give them; we may diminish their self-esteem, their sense of worth, integrity and wholeness. When I help I am very aware of my own strength. But we don't serve with our strength, we serve with ourselves. We draw from all of our experiences. Our limitations serve, our wounds serve, even our darkness can serve. The wholeness in us serves the wholeness in others and the wholeness in life. The wholeness in you is the same as the wholeness in me. Service is a relationship between equals.

Helping incurs debt. When you help someone they owe you one. But serving, like healing is mutual. There is no debt. I am as served as the person that I am serving. When I help I have a feeling of satisfaction. When I serve I have a feeling of gratitude. These are very different things.
Serving is also different from fixing. When I fix a person I perceive them as broken, and their brokenness requires me to act. When I serve I see and trust that wholeness. It is what I am responding to and collaborating with.

There is distance between ourselves and whatever or whomever we are fixing. Fixing is a form of judgment. All judgment creates distance, a disconnection, an experience of difference. In fixing there is an inequality of expertise that can easily become a moral distance. We cannot serve at a distance. We can only serve that to which we are profoundly connected, that which we are willing to touch. This is Mother Teresa's basic message. We serve life not because it is broken but because it is holy.

If helping is an experience of strength, fixing is an experience of mastery and expertise. Service, on the other hand, is an experience of mystery, surrender, and awe. A fixer has the illusion of being casual. A server knows that he or she is being used and has a willingness to be used in the service of something greater, something essentially unknown. Fixing and helping are very personal; they are very particular, concrete and specific. We fix and help many different things in our lifetimes, but when we serve we are always serving the same thing. Everyone who has ever served through the history of time serves the same thing. We are servers of the wholeness and mystery in life.

The bottom line, of course, is that we can fix without serving. And we can help without serving. And we can serve without fixing or helping. I think I would go so far as to say that fixing and helping may often be the work of
the ego and service is the work of the soul. They may look similar if you're watching from the outside, but the inner experience is different. The outcome is often different too.

Our service serves us as well as others. That which uses us strengthens us. Over time, fixing and helping are draining, depleting. Over time we burn out. Service is renewing. When we serve, our work itself will sustain us.

Service rests on the basic premise that the nature of life is sacred, that life is a holy mystery, which has an unknown purpose. When we serve, we know that we belong to life and to that purpose. Fundamentally, helping, fixing, and service are ways of seeing life. When you help you see life as weak, when you fix, you see life as broken. When you serve, you see life as whole. From the perspective of service, we are all connected. All suffering is like my suffering and all joy is like my joy. The impulse to serve emerges naturally and inevitably from this way of seeing.

Lastly, fixing and helping is the basis of curing, but not of healing. In 40 years of chronic illness I have been helped by many people and fixed by a great many others who did not recognize my wholeness. All that fixing and helping left me wounded in some important and fundamental ways. Only service heals.
In the Service of Life...

What is present for you about SERVICE?
In the Service of Life...

What is the value of “BEING of SERVICE” as a leader?
In the Service of Life...

Where can you integrate the essence of this reading into your leadership journey?
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My takeaway is...
Thank you
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