

*MCH LEADERSHIP  
SEMINAR  
FEBRUARY 23, 2009*

How DO you become a  
Leader?

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WHAT IS LEADERSHIP

- Leadership is a process
- Leadership is a collective activity
- Leadership is not a job title
- Leadership is not management

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HOW DO YOU BECOME A  
LEADER

“What you are going to be tomorrow,  
you are becoming today.”

John C. Maxwell. Developing the Leader Within You.

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WHAT DO YOU LIKE?

WHAT DO YOU FEEL PASSIONATE ABOUT?

- POLICY?
- A CERTAIN POPULATION?
- A PUBLIC HEALTH ISSUE?

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Take Charge of your Personal Development

- Seek out your own training opportunities
- It is up to you to direct and develop your career and achievements.
- No one has a greater investment in your success than you.

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Take responsibility for your professional development

- Keep abreast of what's happening in your field
- Seek a mentor to help you achieve your goals
- Volunteer to lead projects
- Rely on yourself rather than on your supervisor to define your career path
- Polish your presentation skills

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**CHOOSE AN ISSUE**

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- Draw on your own experience and values to articulate an issue that nobody is talking about.
- Start a project to study it, and develop your expertise in this area.
- Talk to people in other professions to find issues that are going to be important for your profession.
- You might do this in the context of your leadership project.

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**CREATE A VISION**

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- “The genius of the leader is to articulate a vision simple enough to be understood, appealing enough to evoke commitment and credible enough to be accepted as realistic and attainable.” *G. Yuki*
- The act of creating and communicating a vision is the true act of leadership.

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**ASSESS YOUR OWN STRENGTHS**

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- It's essential to have a deep understanding of your own values, motives, strengths and limitations.
- Understand your self and build on your skills and abilities.

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### TOOT YOUR OWN HORN

- “Each of us is meant to have a character all our own, to be what no other can exactly be and do what no other can exactly do.” (*Anonymous*)
- Keep track of your accomplishments
- Promote your potential as well as your accomplishments.

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### MENTORS, NETWORKING

- Choose a mentor whose goals are similar to your own. Find someone who is on the same career path. Choose a mentor who has time to give to this relationship.
- Network with trainees in other MCHB Training Programs.
- Attend professional conferences, seminars, etc. and network with professionals in your discipline and other disciplines.

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### Leadership in MCH

- Leadership in MCH can be demonstrated in many ways:
  - Academia
  - Clinical Setting
  - Public Health Policy
  - MCH Advocacy

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TASK

- HOW WOULD YOU APPLY THESE STRATEGIES TO DEVELOP LEADERSHIP SKILLS IN:
  - Academia
  - Clinical Setting
  - Public Health Policy
  - MCH Advocacy

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