

# Top 5 Reads: Change your Life and your Leadership in the ED

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# Objectives

- \* Understand and use multi-faceted principles of rest to renew and extend your creativity in career and life.
- \* Learn to apply the designer's mind-sets to build life at any age of your life and career.
- \* Identify the six key qualities of an idea to get people to change in the ED organization.



MADE to STICK

Chip Heath &  
Dan Heath

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THE NEW RULES OF WORK

ALEXANDRA CAVOULACOS  
AND KATHRYN MINSHEW

Founders of TheMuse.com

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CA  
2017

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PERMISSION TO SCREW UP

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DESIGNING YOUR LIFE

BILL BURNETT &  
DAVE EVANS

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2011

Alex Soojung-Kim Pang

Rest



BASIC  
BOOKS

THE LONGEVITY PLAN

Seven Life-Transforming Lessons from Ancient China

DR. JOHN D. DAY AND JANE ANN DAY  
with Matthew LaPlante

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DA  
2017

NEW YORK TIMES BESTSELLER

Why Some Ideas Survive  
and Others Die

M A D E

to

S T I C K


Chip Heath & Dan Heath

# What Makes Idea Stick?

- \* S Simple Core + Compact
- \* U Unexpected Pay Attention
- \* C Concrete Understand & Remember
- \* C Credible Agree & Believe
- \* E Emotional Care
- \* S Story Be Able to Act on It
- \* s

# Proverbs and Stories

- \* Bird in the Hand
- \* Kidney Heist
- \* 7 month old with fever
- \* Analogies, metaphors



“ If it came from a plant, eat it;  
If it was made in a plant, don’t.”

Michael Pollan, Food Rules



\* “You can eat all the junk food you want, as long as you make it yourself.”

- Michael Pollan, Rule #39, Food Rules



**THE  
NEW  
RULES  
OF  
WORK**

**THE MODERN PLAYBOOK  
FOR NAVIGATING YOUR CAREER**

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**ALEXANDRA CAVOULACOS  
AND KATHRYN MINSHEW**

**Founders of [TheMuse.com](https://www.themuse.com)**

# What Do I Actually Want?

- \* Reflect: Understand Yourself  
Old Rule-Education, New Rule –Skills,Interests,Values
- \* Research: Lay out a Full Set of Choices  
Old Rule-Personal Contact, New Rule-Online Research
- \* Refine: Choosing (and Trying Out) Next Steps  
Old Rule-Linear Path, New Rule-Experiment Options

# Making Your Move: The New Rules

- \* Build Your Personal Brand: Products vs Person
- \* Networking: Formal vs Informal
- \* Find Job Opportunities and Openings
- \* Crafting Your Application: Personal vs Online
- \* Acing the Interview (or Interviews): Passive vs Active
- \* Nailing Your Negotiation: Accept vs Haggle

# Chart Your Course Through the Modern Workplace: The New Rules

- \* Communication: Phone, Email, Meetings, Speaking
- \* Interpersonal Skills: Self Management/People Skills
- \* Productivity: Time Management
- \* Career Advancement: Take Charge Own Professional Growth and Development

# Communication Ground Rules

- \* Know Your Purpose
- \* Know Your Audience
- \* Be Respectful
- \* Listen as much as You Speak
- \* Remember Your Nonverbal Cues

PERMISSION TO

~~SCREW UP~~

~~SCREW UP~~

~~SCREW UP~~

SCREW UP


How I Learned to Lead by Doing  
(Almost) Everything Wrong

KRISTEN HADEED

*Founder and CEO of Student Maid*

# Permission to Screw Up

- \* The 45
- \* Shepherd's Pie
- \* Behind the Screens
- \* Deal Breakers
- \* Upside Down and Inside Out
- \* The Line
- \* Coming Clean



\* “ If you are going to have a sense of fear of failure, you’re just never going to learn how to cook. Because cooking is one failure after another, and that’s how you finally learn.”

\* -Julia Child



BILL BURNETT & DAVE EVANS

DESIGNING

YOUR LIFE

HOW TO BUILD A WELL-LIVED,  
JOYFUL LIFE

# Design and Life Design

- \* “Designers imagine things that don’t yet exist and then they build them and then the world changes.”
- \* “Imagine a career and a life that don’t exist yet; you can build that future you and a result your life will change.”

# Five Mind-sets

- \* 1. Be Curious (Curiosity) Get good at getting lucky
- \* 2. Try Stuff (Bias to action) Prototype
- \* 3. Reframe problems (Reframing) Dysfunctional Belief
- \* 4. Know it's a process (Awareness)
- \* 5. Ask for help (Radical collaboration) Team/Network

# Designing Your Life

- \* Compass: Workview + Life View + Values  
Align “Who you are, what you believe, and what you are doing?”
- \* Practices: Educate emotions/mature discernment

# Myths

- \* No perfect pie (in a day)
- \* Balance happens over time.
- \* Life design happens over time.



\* “People cannot change their habits without first changing their way of thinking.”

- Marie Kondo, The Life-Changing Magic of Tidying Up

# Rest

WHY YOU GET MORE DONE  
WHEN YOU WORK LESS



Alex Soojung-Kim Pang

# Rest

- \* Problem of Rest: Myth of Hard Work
- \* Science of Rest:
  - DMN's (Default Mode Network)
  - Mind-wandering and creativity
  - New Ideas: generation, evaluation



# Rest: Four Big Insights

- \* First, Work and Rest are partners.
- \* Second, Rest is active.
- \* Third, Rest is a skill.
- \* Finally, Deliberate rest stimulates and sustains creativity.

# Stimulating Creativity

- \* Four Hours: Scientists, Writers and Musicians 10/15/30K
- \* Morning Routine: Early Work, Freedom, Circadian
- \* Walk: Just do it, Solvitur Ambulando
- \* Nap: Churchill, Energy, Memory, Emotions, Time/ Amount, Ideas
- \* Stop: Hemingway, Break-Stop when know what happens next!
- \* Sleep: 7 Hours, REM, SlowWave, Growth, Restore, Repair, Memory, New Ideas, Combat, Shifts

# Sustaining Creativity

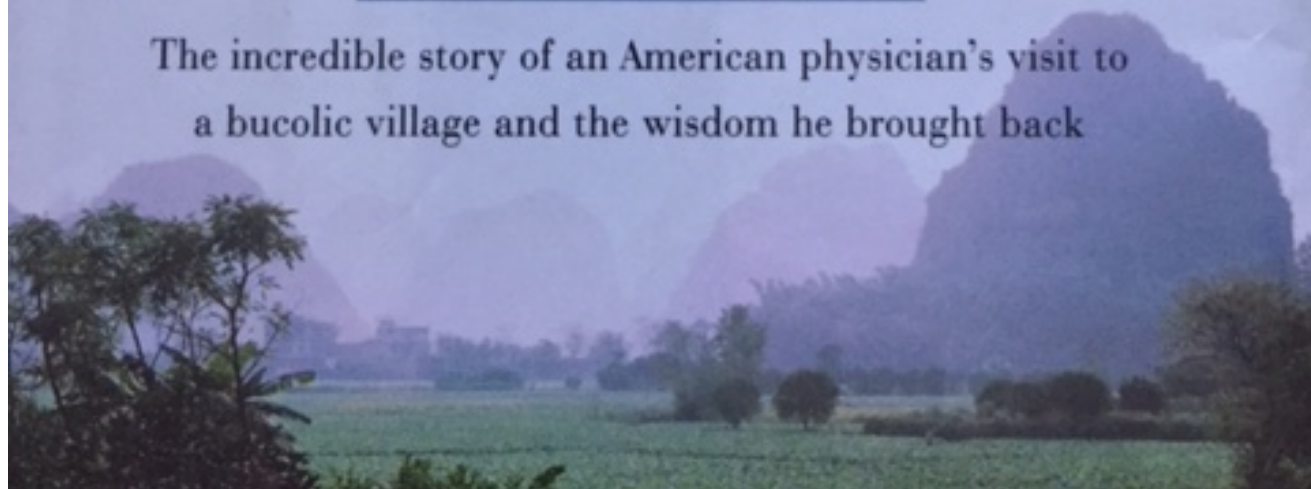
- \* Recovery: Vacations  
Relaxation, Control, Mastery, Detachment
- \* Exercise: Athletic Experimentation, Lifelong
- \* Deep Play: Video gaming, Pianos and Mtn Climbing
- \* Sabbaticals: Breaks, Alien and Familiar, Culture  
Breadth, Distance, and Depth, Adria, Gates

# THE LONGEVITY PLAN

Seven Life-Transforming  
Lessons from Ancient China

**DR. JOHN D. DAY AND JANE ANN DAY**  
with Matthew LaPlante

The incredible story of an American physician's visit to  
a bucolic village and the wisdom he brought back



# The Longevity Plan

- \* Eat good food
- \* Master your mind-set
- \* Build your place in a positive community
- \* Be in motion
- \* Find your rhythm
- \* Make the most of your environment
- \* Proceed with purpose.