

“YOU” Matter

**Presentation to OHIMA
October 21, 2009
Toronto**

Presented by: Sheila Jaggard, PhD

YOU Matter:

In the work you do:

- **Provincially**
- **LHIN Wide**
- **Organizationally**
- **For Practitioners**
- **For Patients**

In the relationships you have:

- **At work**
- **With friends**
- **With family**

To yourself:

- **To be who you are**
- **To realize your dreams**
- **To reach your full potential**
- **To enthusiastically embrace your life and work**

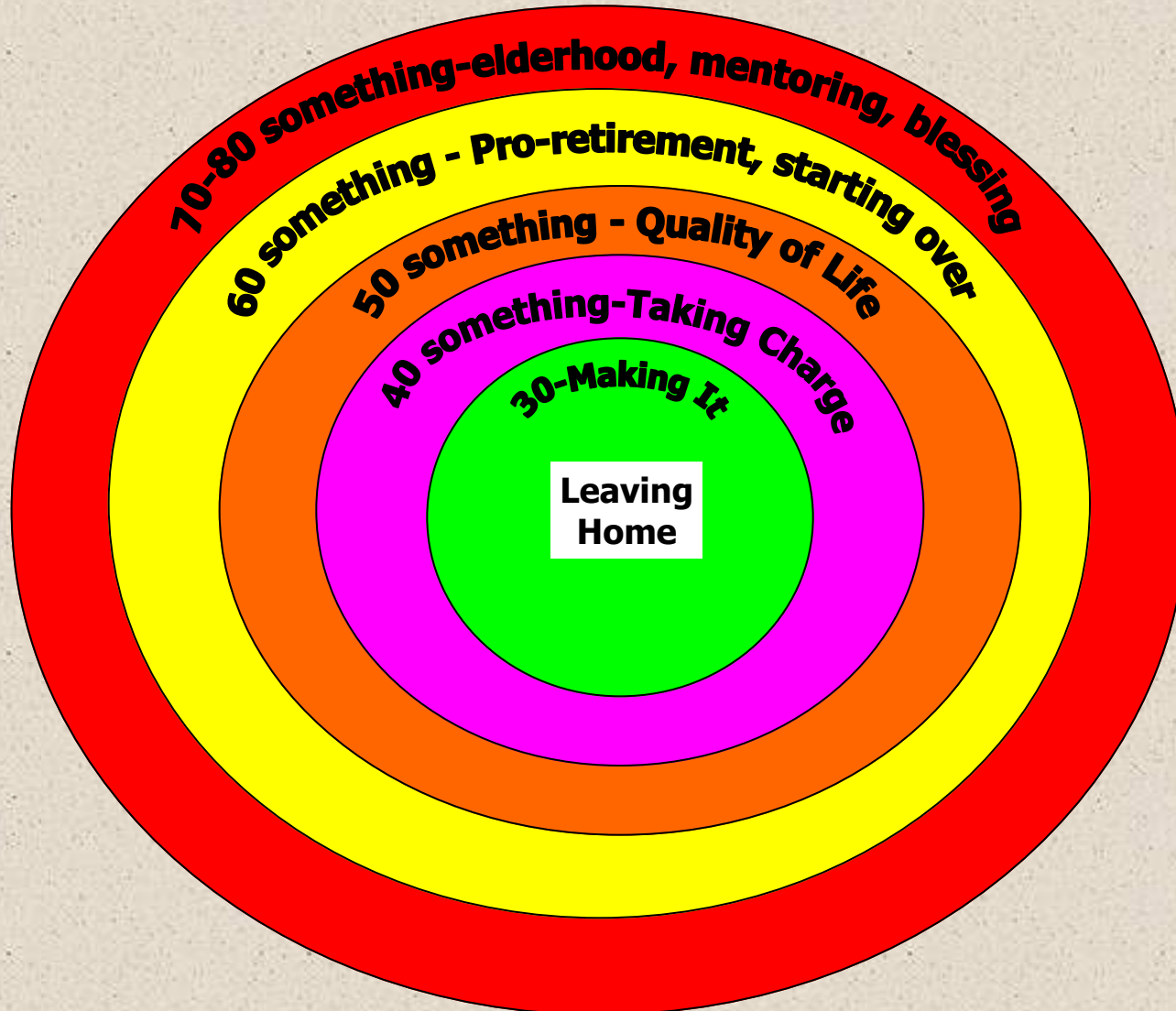
A dried, pressed leaf is shown against a light, textured background. The leaf is dark brown and elongated, with a pointed tip. It is attached to a thin, dark stem that curves from the left side of the frame towards the bottom center. The background has a subtle, marbled pattern in shades of cream and light brown.

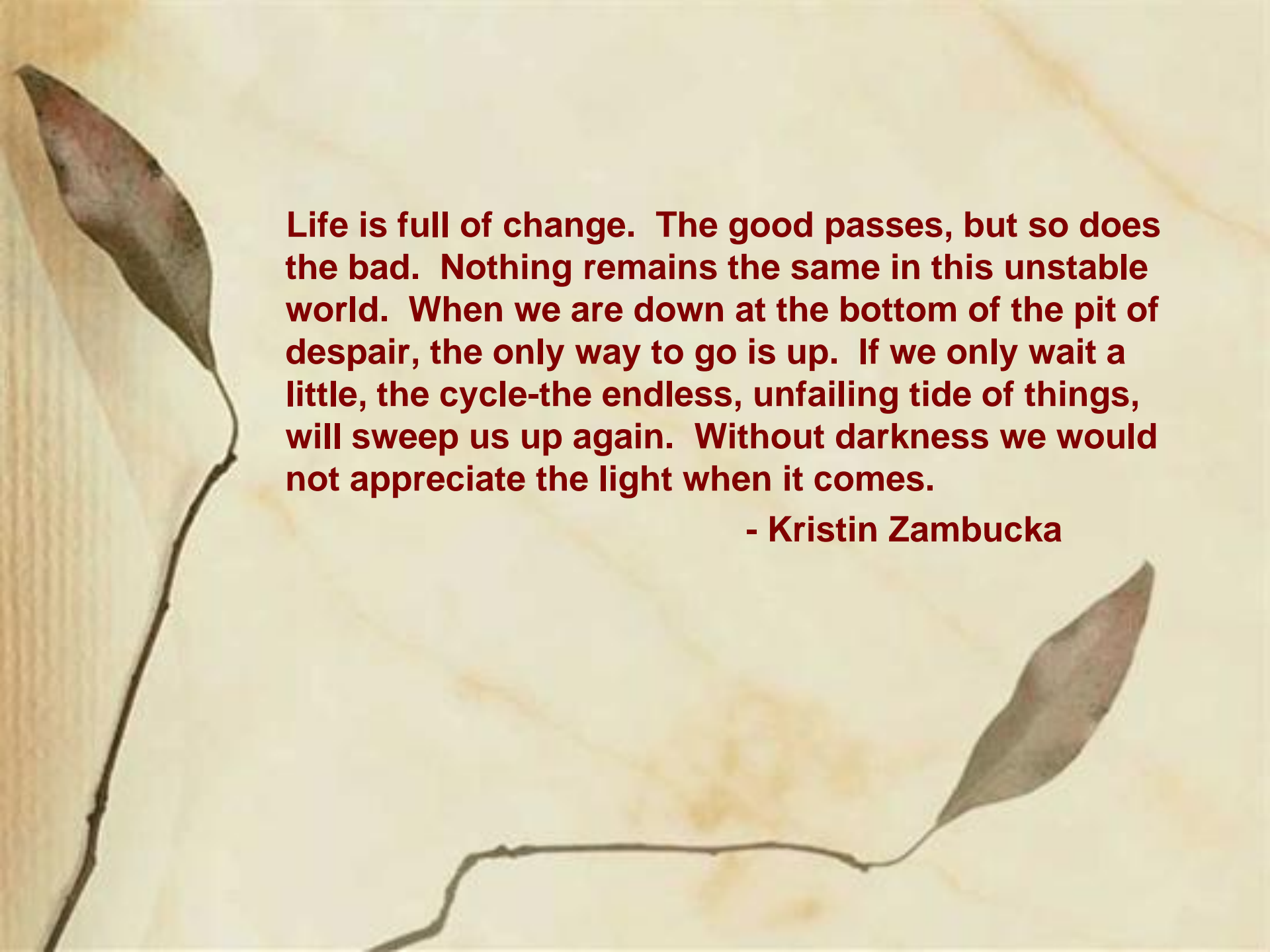
Get the facts and the facts will get you

- Thomas Fuller

The Adult Lifecycle: Your Life Chapters

-Frederic Hudson and Pamela McLean



A dried, pressed leaf is shown on the left side of the image, attached to a thin stem. The leaf is dark brown and elongated. The background is a light, textured surface, possibly paper or fabric, with some faint, irregular brown spots. The overall composition is simple and evocative, suggesting themes of change and resilience.

Life is full of change. The good passes, but so does the bad. Nothing remains the same in this unstable world. When we are down at the bottom of the pit of despair, the only way to go is up. If we only wait a little, the cycle-the endless, unfailing tide of things, will sweep us up again. Without darkness we would not appreciate the light when it comes.

- Kristin Zambucka



The Grand Adventure

This life is a test.

It is only a test.

**If this had been a real life, you
would have been given
instructions on where to go and
what to do.**



-Anonymous

Self Management: 5 Steps to Control Our Success or Failure

-Shad Helmstetter PhD

1. Behaviour

- What we do or do not do
- Our actions

2. Feelings

- Every action we take is first filtered through our feelings
- How we feel about something will always determine or affect what we do and how well we do it

3. Attitudes

- Perspectives from which you view life
- most of us have a combination of attitudes, some good, some not so good

4. Beliefs

- What we believe about anything will determine our attitudes about it, create our feelings, direct our actions and in each instance help us to do well or poorly, succeed or fail.

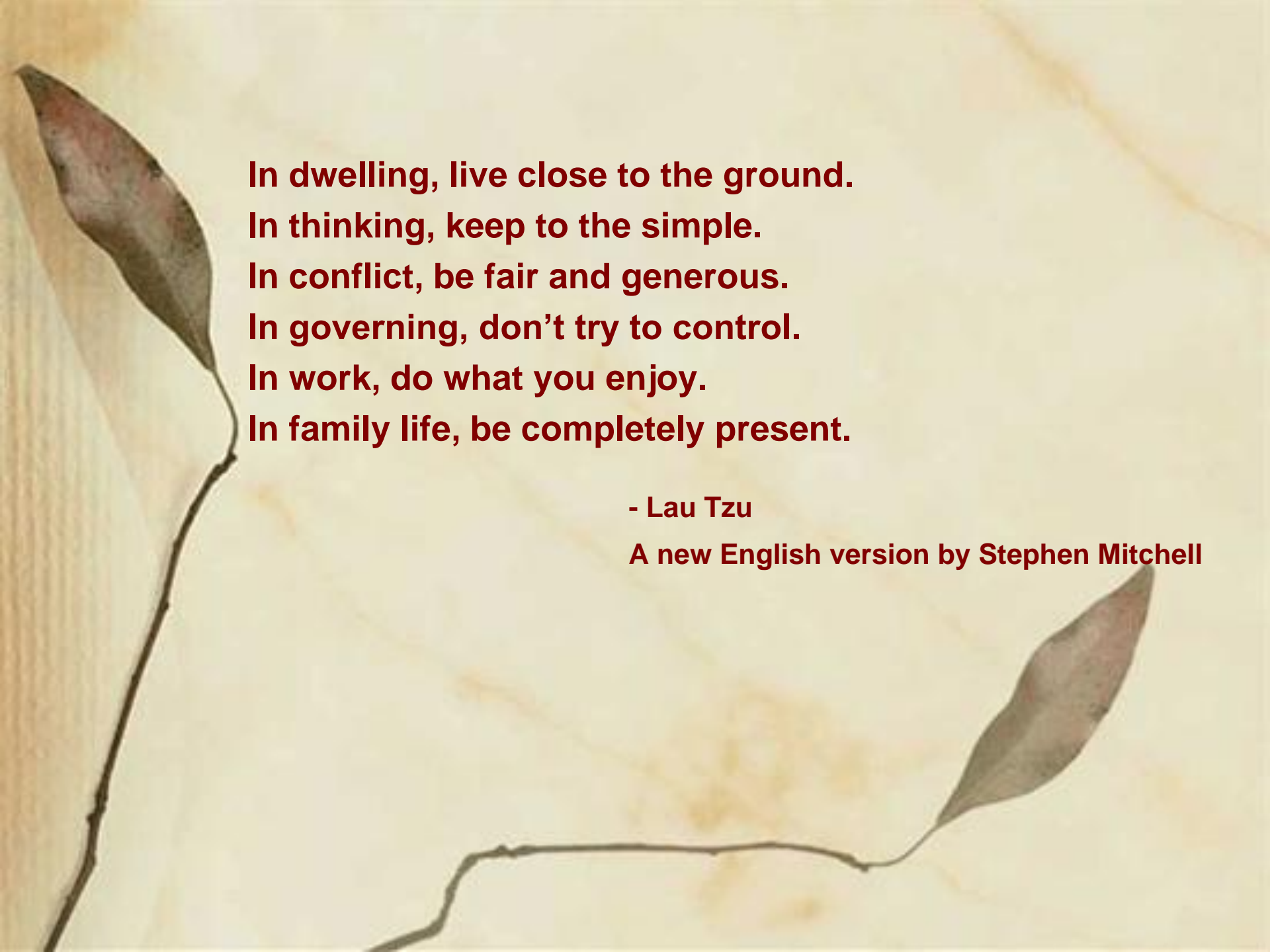
5. Programming

- We believe what we are programmed to believe
- It all starts with our programming!

Self Management: 5 Steps to Control Our Success or Failure

-Shad Helmstetter PhD

- 1. Programming creates beliefs**
- 2. Beliefs create attitudes**
- 3. Attitudes create feelings**
- 4. Feelings determine actions**
- 5. Actions create results**



**In dwelling, live close to the ground.
In thinking, keep to the simple.
In conflict, be fair and generous.
In governing, don't try to control.
In work, do what you enjoy.
In family life, be completely present.**

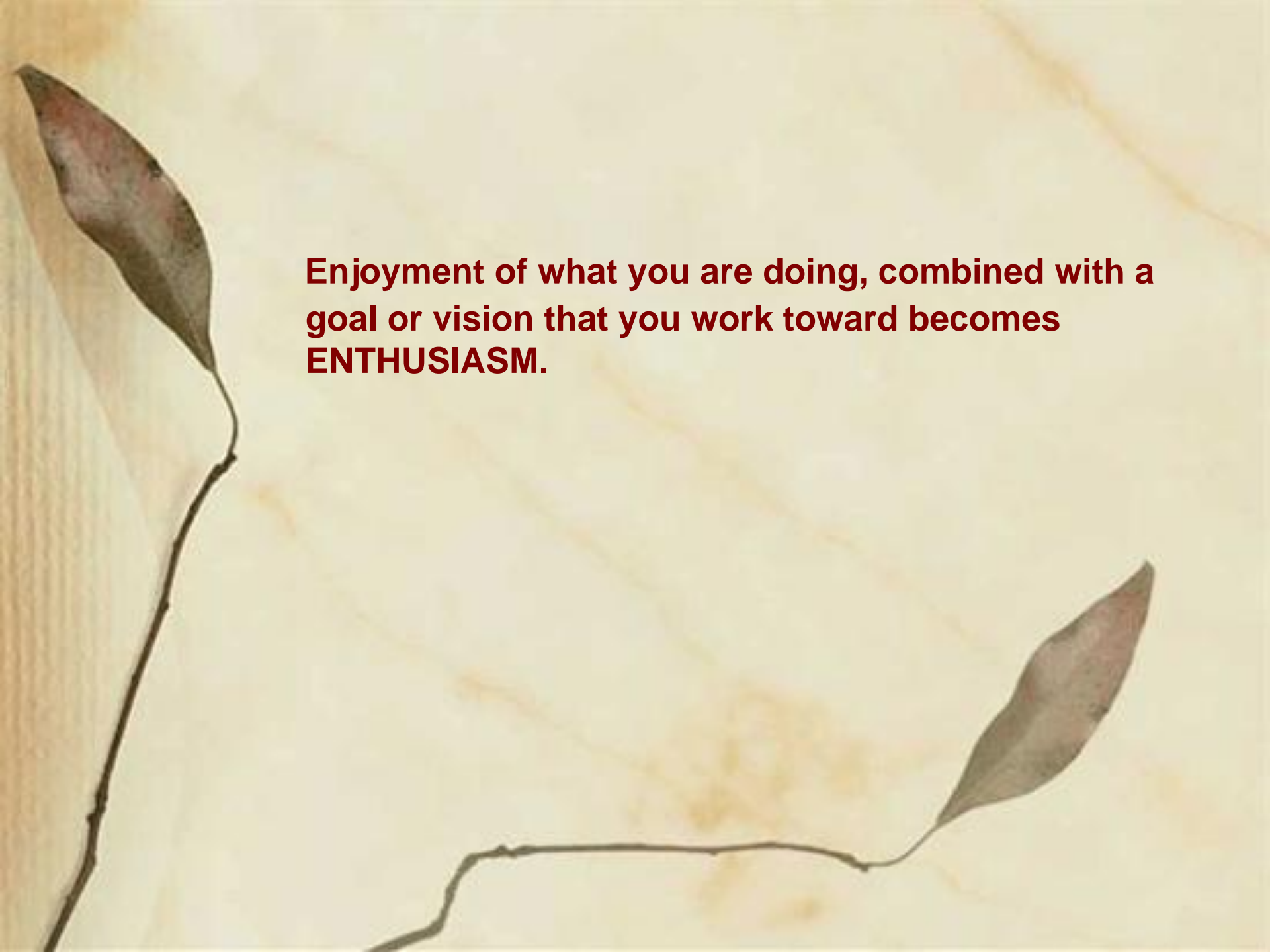
- Lau Tzu

A new English version by Stephen Mitchell

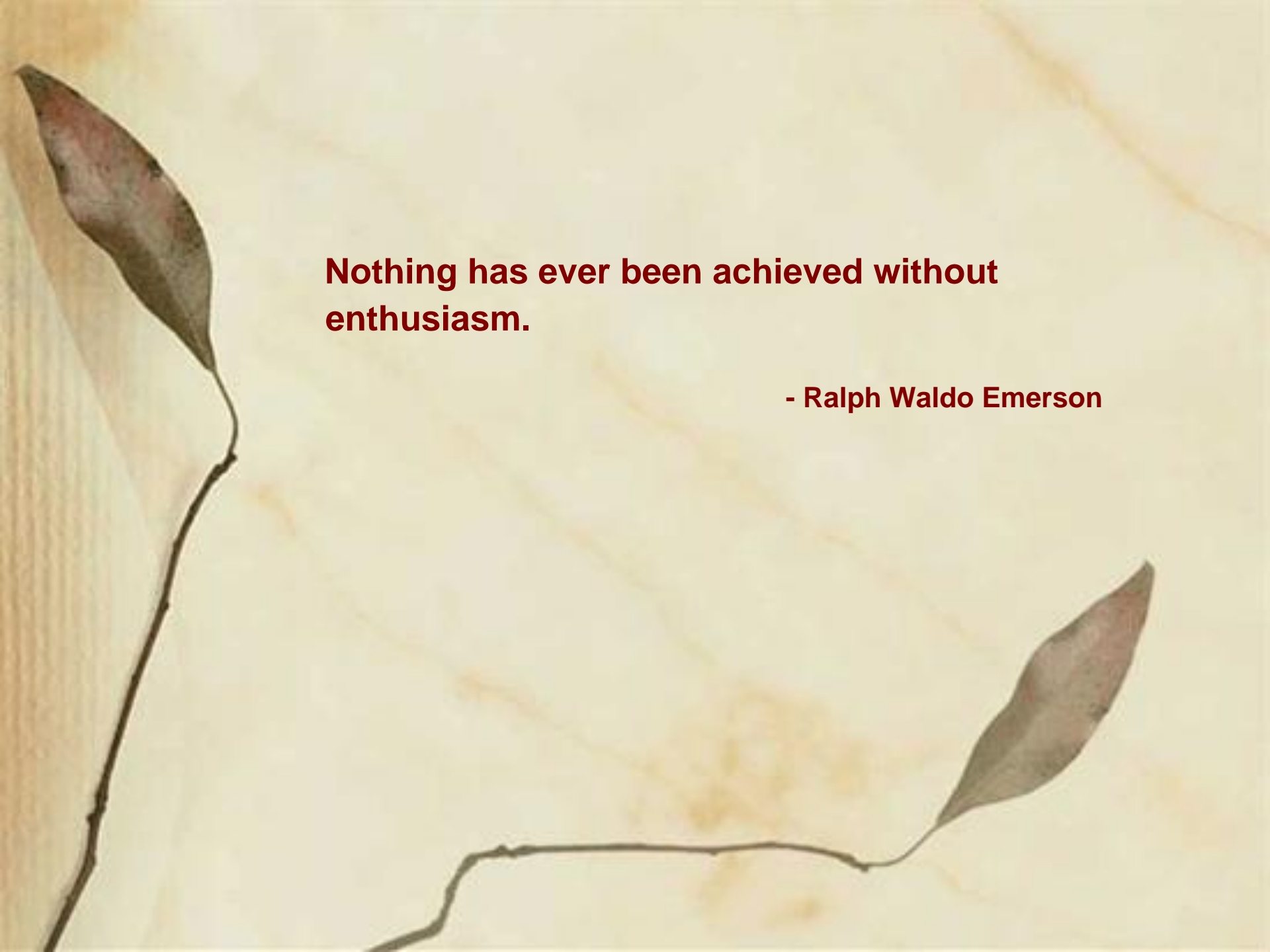


**Without work all life goes rotten.
But when work is soulless life stifles and dies.**

- Albert Camus

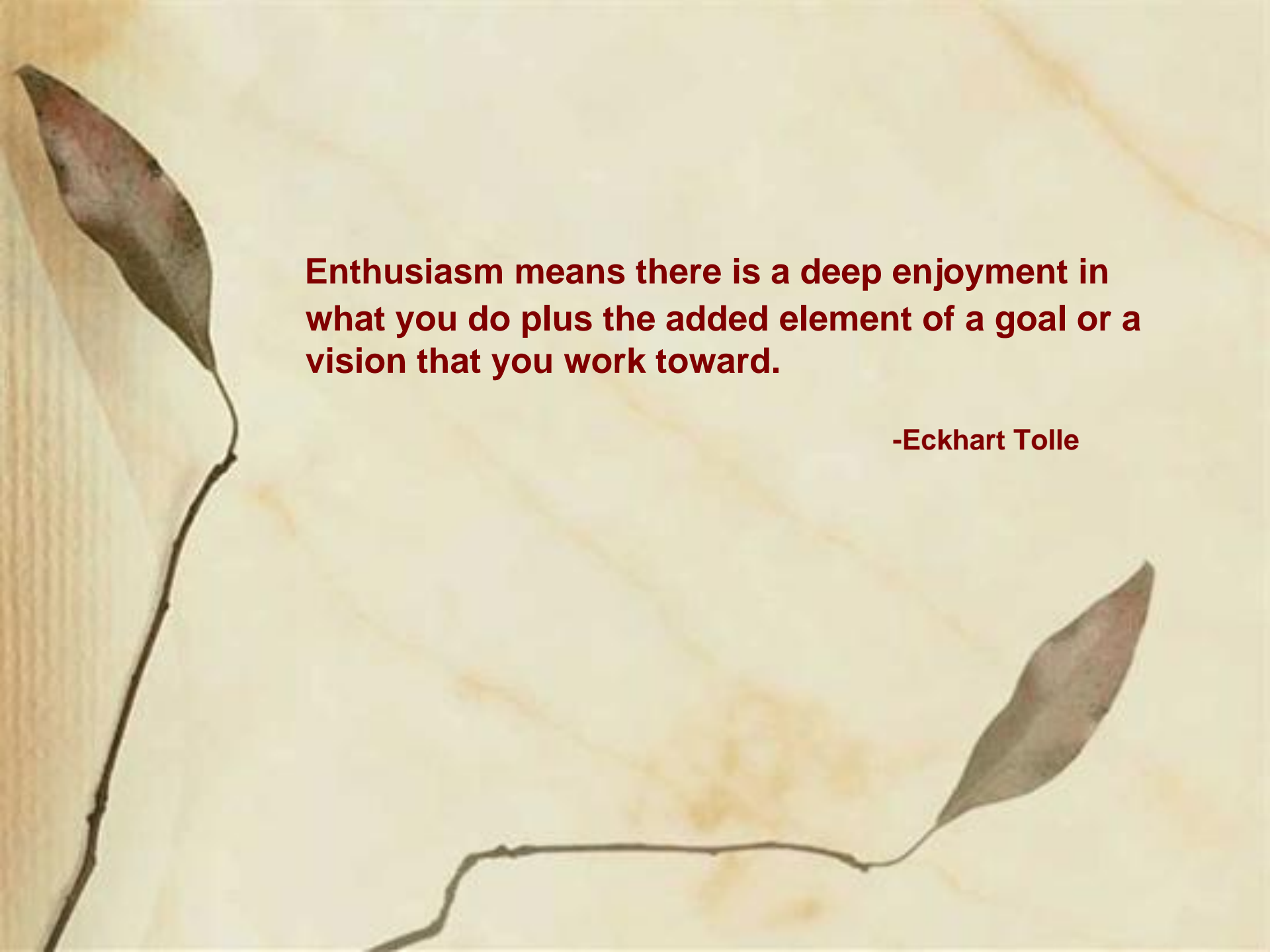


Enjoyment of what you are doing, combined with a goal or vision that you work toward becomes ENTHUSIASM.

A dried, pressed leaf is shown against a light, textured background. The leaf is dark brown and elongated, with a pointed tip. It is attached to a thin, dark stem that curves from the bottom left towards the right. The background has a subtle, marbled pattern in shades of cream and light brown.

**Nothing has ever been achieved without
enthusiasm.**

- Ralph Waldo Emerson

A dried, pressed leaf is shown against a light, textured background. The leaf is dark brown and elongated, with a pointed tip. It is attached to a thin, dark stem that curves from the top left towards the bottom right. The background has a subtle, marbled pattern in shades of cream and light brown.

Enthusiasm means there is a deep enjoyment in what you do plus the added element of a goal or a vision that you work toward.

-Eckhart Tolle

The Circular Rule

- Is about the beginnings and endings.
- The ongoing process of self renewal, growth, and discovery.

A Chapter in Your Life

- External Change
- Dreams and Plans
 - Accomplishments
 - Decline and Discord

New Beginning

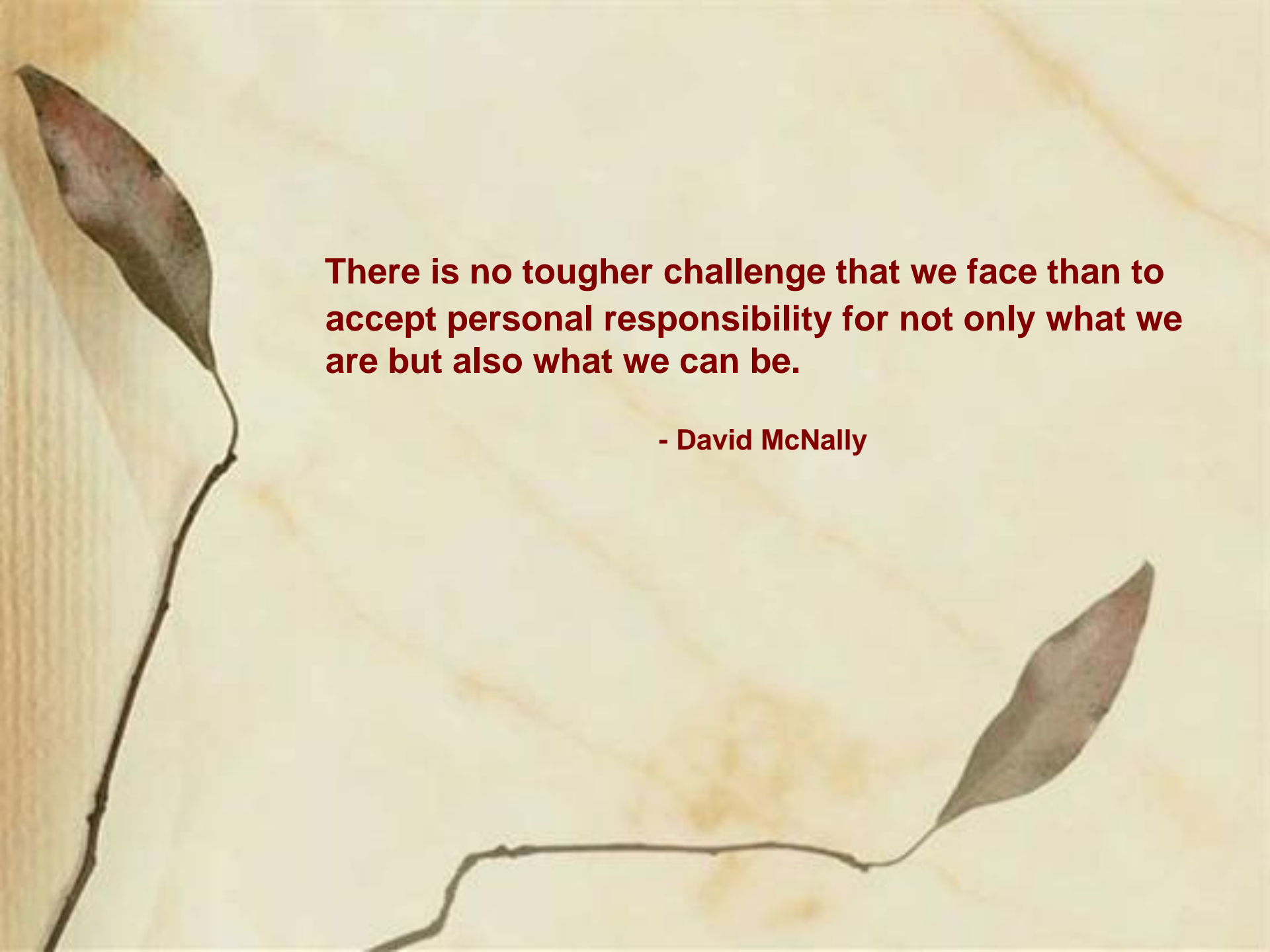
Ending

- Internal Renewal
- Healing
 - New goals and Purpose
 - Training

A life transition between chapters

Life Launch: A Passionate Guide to the Rest of Your Life

-F.M. Hudson & P.D. McLean



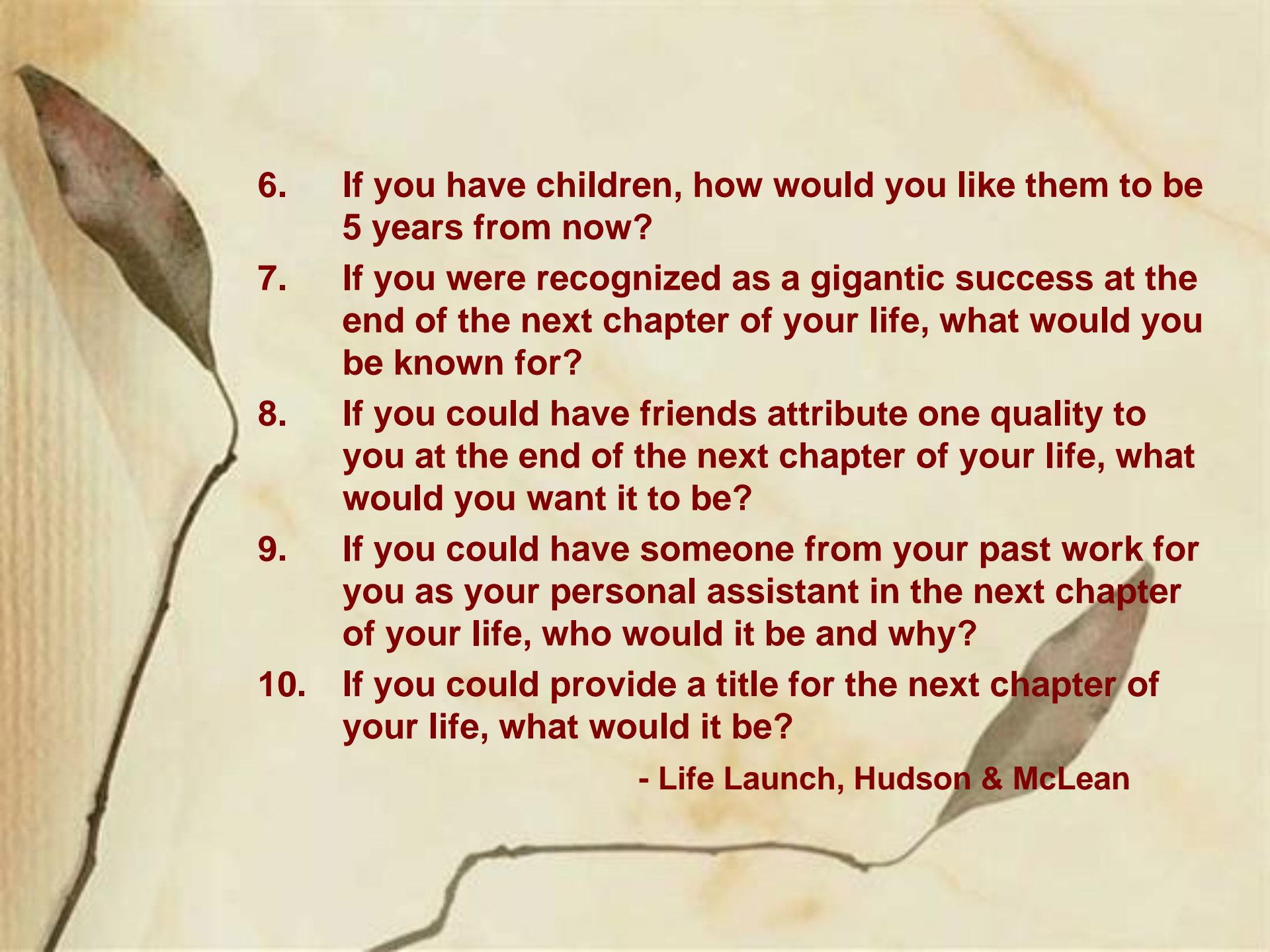
There is no tougher challenge that we face than to accept personal responsibility for not only what we are but also what we can be.

- David McNally

How Will the Next Chapter of Your Life Turn Out?

Ten questions to answer

1. If you were granted one wish for the next chapter of your life what would it be?
2. If you could live out the next chapter of your life in any place in the world, where would you go?
3. If you could hire 3 advisors to guide the next chapter of your life, who would they be?
4. If you could inherit money to fund the next chapter of your life how much would that be?
5. If you could move now to some future point in your life, what are you doing and who is with you?

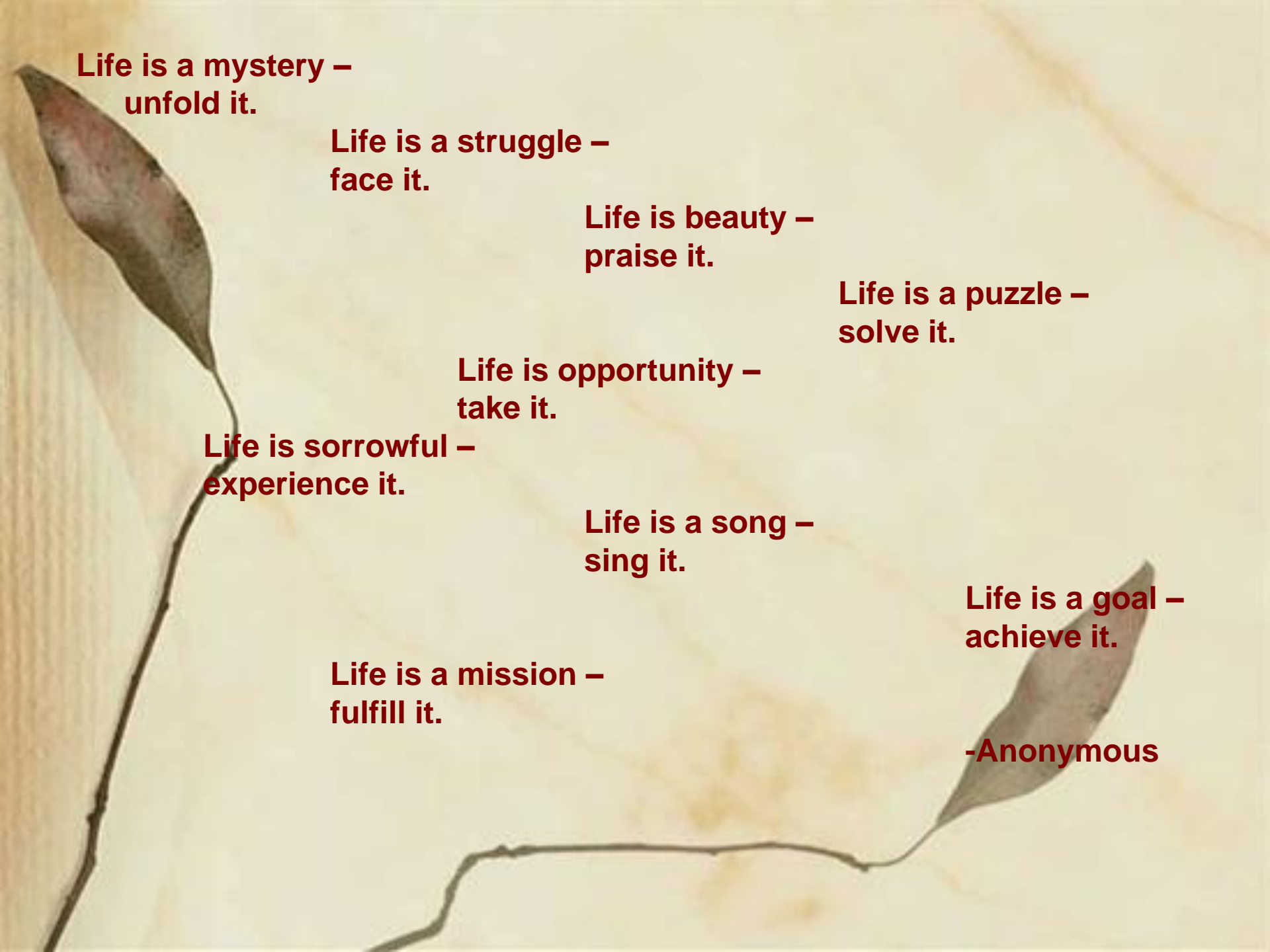
- 
- 6. If you have children, how would you like them to be 5 years from now?**
 - 7. If you were recognized as a gigantic success at the end of the next chapter of your life, what would you be known for?**
 - 8. If you could have friends attribute one quality to you at the end of the next chapter of your life, what would you want it to be?**
 - 9. If you could have someone from your past work for you as your personal assistant in the next chapter of your life, who would it be and why?**
 - 10. If you could provide a title for the next chapter of your life, what would it be?**

- Life Launch, Hudson & McLean

Eleven Ways to Stay Renewed

Self renewing people are:

- **Value driven**
- **Connected to the world**
- **Needing solitude and quiet**
- **Self pacing**
- **Revived by nature**
- **Creative and playful**
- **Adaptive to change**
- **Committed to learn from down time**
- **Always in training**
- **Future oriented**
- **Personal leaders**

A dried, pressed leaf is shown on a light-colored, textured background. The leaf is dark brown and has a long, narrow shape. It is positioned vertically on the left side of the image, with its stem extending downwards. The background has a subtle, marbled pattern.

**Life is a mystery –
unfold it.**

**Life is a struggle –
face it.**

**Life is beauty –
praise it.**

**Life is a puzzle –
solve it.**

**Life is opportunity –
take it.**

**Life is sorrowful –
experience it.**

**Life is a song –
sing it.**

**Life is a goal –
achieve it.**

**Life is a mission –
fulfill it.**

-Anonymous