

The single most important bit of advice you would give a leader on...

Effective Techniques for Building Self-Reflection Time into Your Work

Take 30 minutes to an hour each week and journal to build self reflection time. When comfortable, share your reflections with trusted mentor/peer coach. It makes a world of difference!

- D'Yuanna Allen, Metro Nashville Public Health Department (Nashville, TN)

Each MCH leader should have the ability to get time for Reflective Practice with someone they feel can be a safe person to reflect with concerning practice issues. I do not think we continue to grow in our leadership skills unless we have this built into practice. Even if you are in a small practice setting, it is possible to connect with someone outside of your work site to share this support with.

- Rita Beam, Tri-County Health Department (Englewood, CO)

This is definitely a 'do as I say, not as I do,' but use your work plan development and updating as an opportunity to reflect on what you're trying to accomplish and how you're doing, rather than just an assignment you have to get done.

- Kathy Carson, Public Health Seattle-King County (Seattle, WA)

Literally schedule into your calendar time to reflect, either by yourself (i.e. keeping a journal) or with others (i.e. lunch once a month with a trusted peer or mentor).

- Padmini Parthasarathy, Contra Costa County Health Services (Bay Area, CA)

This time is as important as any other activity that you have in your life.

- Audrey Stevenson, Salt Lake Valley Health Department (Salt Lake City, UT)

Engage people and learn from them. Ask for advise. It can be helpful.

- Judith Shlay, Denver Public Health (Denver, CO)