

THE CHAT BOX WRAP UP ON

My Career: Now and Future | 24 June 2020

Resilient Leadership: How to be fierce, kind, and effective on your own terms



Hosted By:

The Honourable Katelyn Choe

Consul General U.S. Consulate Auckland

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The International Group and The Global Leadership League

Recap Summary:

How The Honourable Katelyn Choe remains kind yet fierce:

Choosing discomfort over resentment - compassionate people ask for what they need. Their boundaries keep them out of resentment.

Establishing boundaries doesn't need to be an 'either or' scenario like: take care of myself OR be thoughtful of others; be real and honest OR choose to be kind. There can be a **BOTH** and an **AND** to this.

Simple Formula in being able to say 'no' whilst preserving the quality of connection in a relationship:

- 1) **Leading with the intention to connect:** leading with a line of empathy; understanding what is really behind this request from the other person
- 2) **Stating your Limit/Sharing your experience:** focusing on your need and sharing this to express your constraints
- 3) **Making a request/ offering another option:** offer other ideas, invite a creative exploration to another solution

Lessons learned during the COVID crisis: Prof. Harlene Hayne:

- **Teamwork matters:** COVID changed how we worked across units; decisions were no longer made in isolation.
- **When you are lost in a swamp, you need a compass, not a map:** making decisions in 'COVID time' - rapid, ever changing. Our due north had two poles: (1) Committed to supporting our students (2) Committed to supporting our staff.
- **Universities matter:** The Universities in NZ contributed to medical expertise, high level advice to gov't, manufacturing operations for medical resources, etc.

"He waka eke noa"

a Māori proverb, sums it up – we're all in this together

Follow Up Actions:

- Review the audio recording and handout at the Members-Only The Chat Box webpage.
- Check out The League's recent webinars, including May 2020 **Resilience is your Superpower: Grab it, Grind it, Use it.**



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