How would you define success?

Personal leadership is the process of actively taking charge of your own life, to decide who you want to be, and to achieve your personal goals and successes.

What makes a successful veterinarian/animal scientist?

King (2000 NCVEI): "increasingly the critical success factors for veterinarian in our rapidly changing world are seemingly less about our scientific and technical skills and more about the life skills"

Ph.D.’s in science at Berkeley underwent personality tests, IQ tests, and interviews. 40 years later their success was estimated: social and emotional abilities were 4x more important than IQ in determining success.

(Cary Cherniss, http://www.eiconsortium.org/)

Emotional intelligence & Emotional competency model

- Self Awareness: “Understanding your unique and very personal roadmap”
- Self Management and Personal Leadership: “Staying in control at the wheel”
- Social Awareness: “Who’s traveling with you and what do they need?”
- Relational Competence: “Getting your team to focus on the horizon rather than the potholes”
Self management & personal leadership

- Choosing yourself
  - Choose how to act or behave (in difficult circumstances) - professionally or personally
    - Define your values and principles
    - Manage our own emotions
- Staying in control at the wheel
  - Motivate yourself

Choose where you want to be!

- Strive to improve or meet a standard of excellence
- Choose how you want to get there
  - you can change your habits...
  - you might need help...
- There is a degree for everyone – no need for competitiveness

Choose to lead – and not to follow

- Be ready to act
- Pursue goals beyond what’s required
- Mobilize others
- Persist in pursuing your goals despite obstacles and setbacks

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