

Mentoring and Wellbeing for Leadership

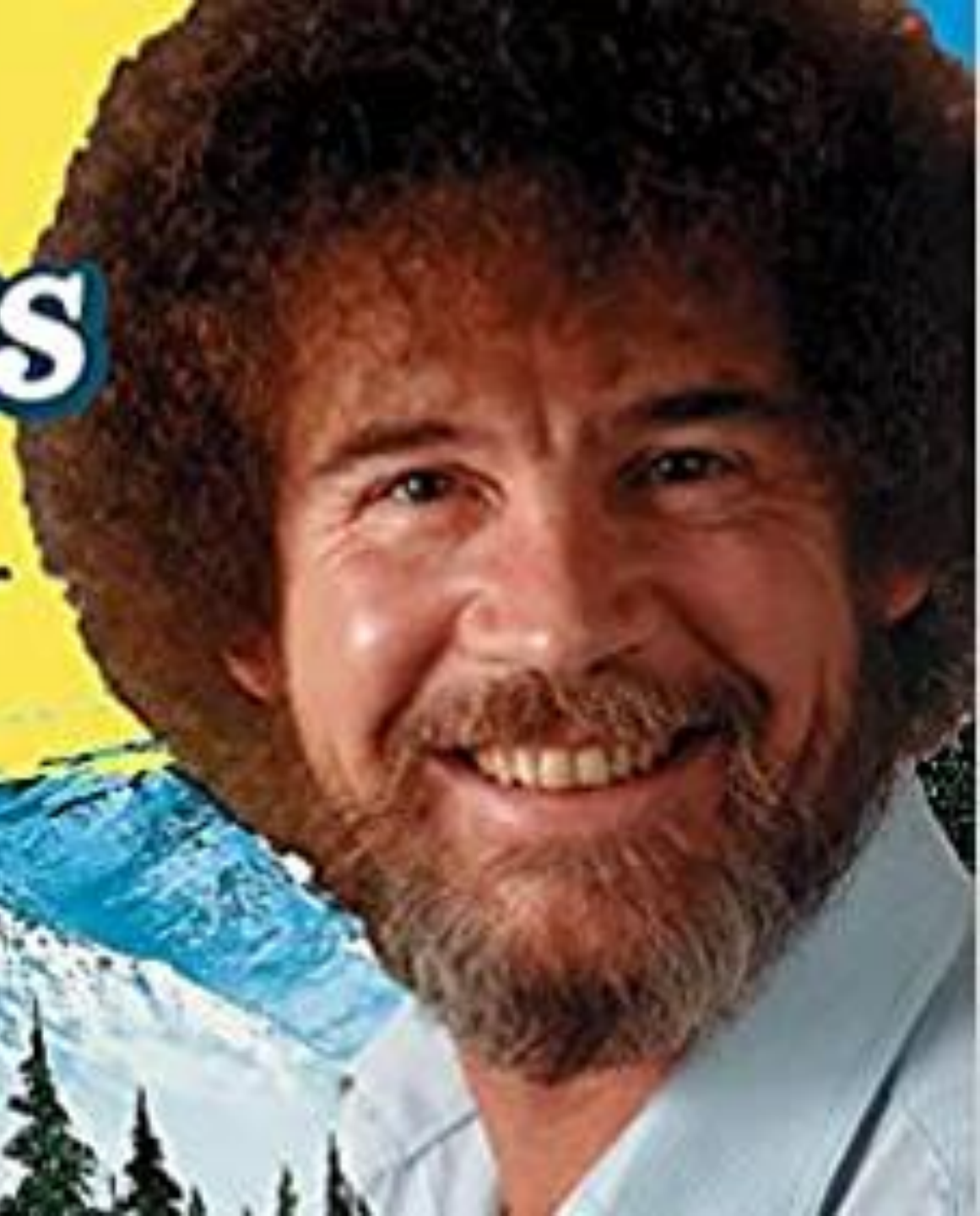
Oh... we are all leaders

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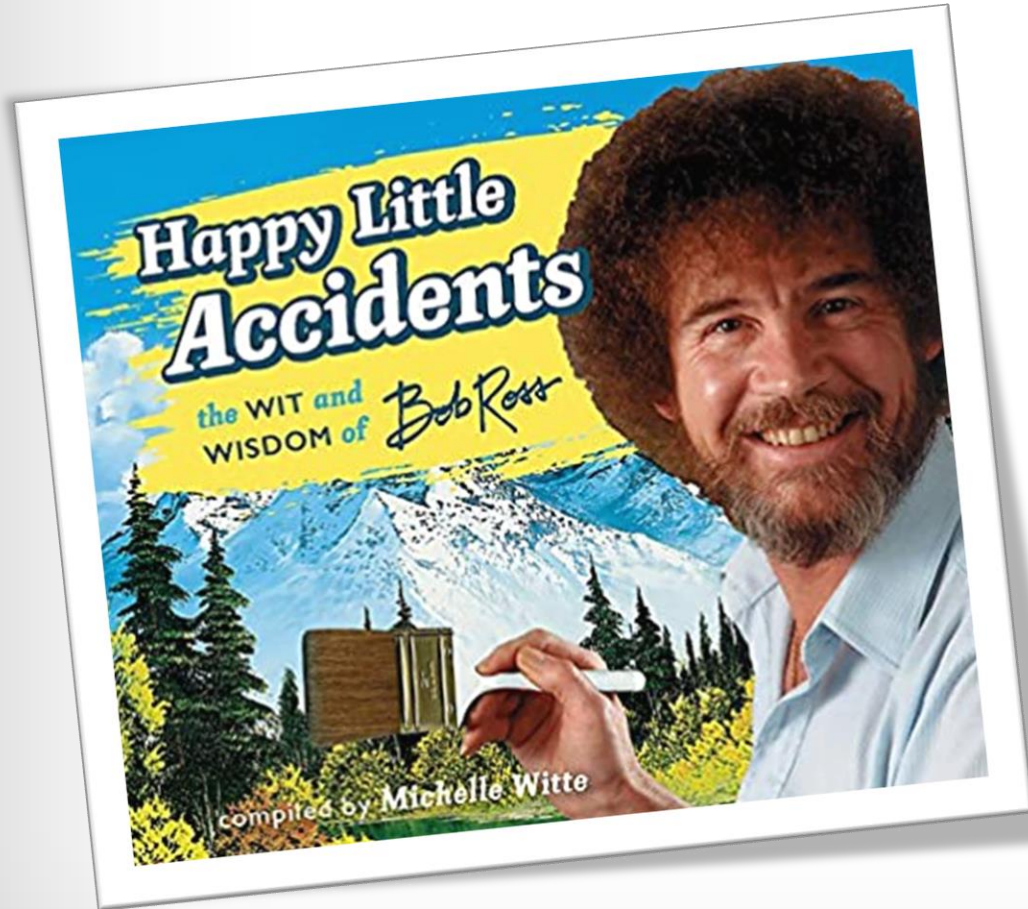


Happy Little Accidents

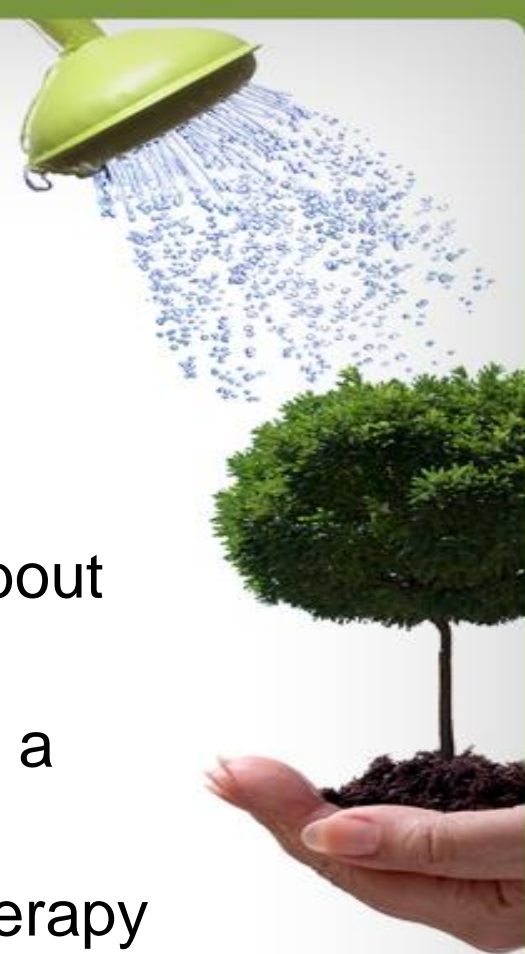
the WIT and
WISDOM of *Bob Ross*



Life lessons via Bob Ross



- It was always more than about painting for Bob
- Happy little accidents were a metaphor for life
- Work could be a form of therapy [healing]
- Relax. Unwind. Be inspired.



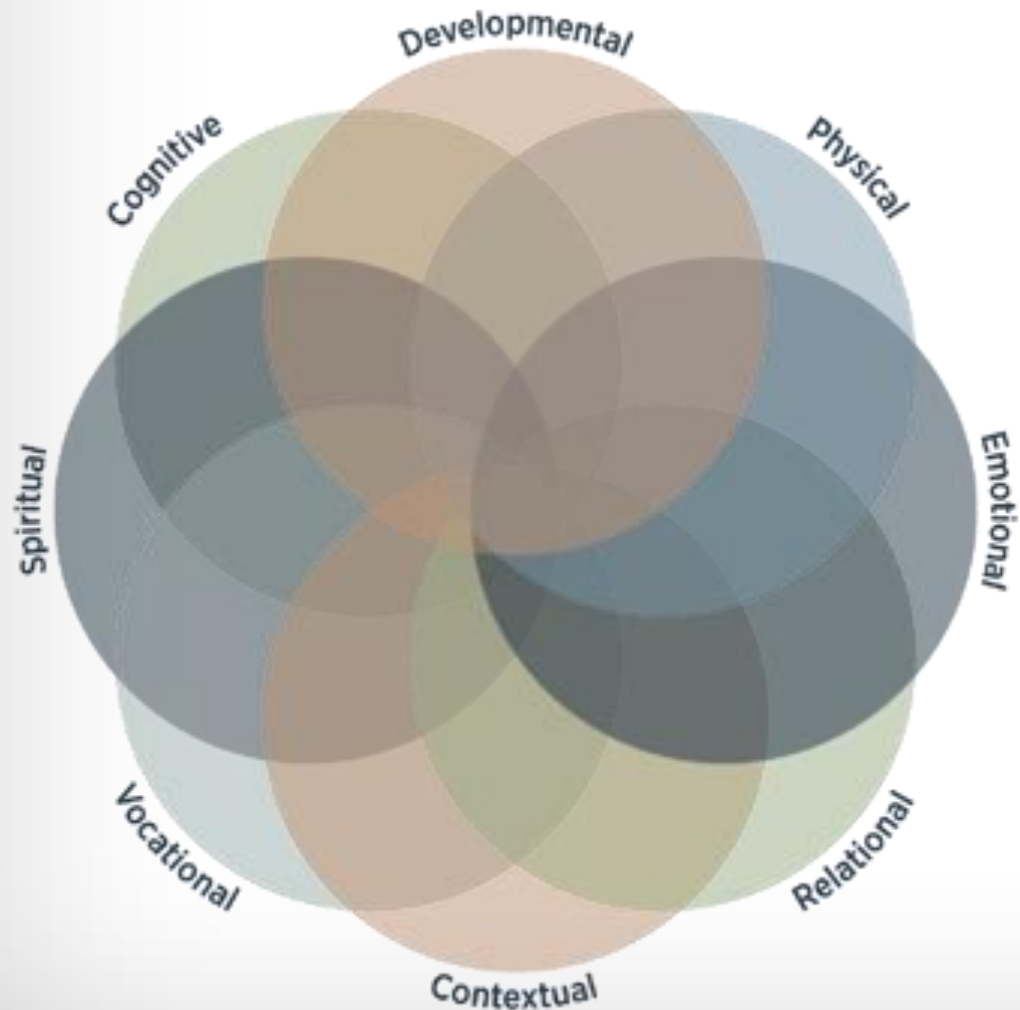
Is there a relationship between mentoring and wellness? YES!



- Combats isolation
- Reduces levels of anxiety
- Increases self-confidence
- Results in feeling listened to
- Conveys hope



More than 'happy little accidents'



- **Intentional wellness** means consciously choosing that which best supports health & balance in our body, mind, & spirit. On a daily basis. In the moment-to-moment.
- The 8 Dimensions of Wellness (adapted from the work of Peggy Swarbrick, PhD, 2006)

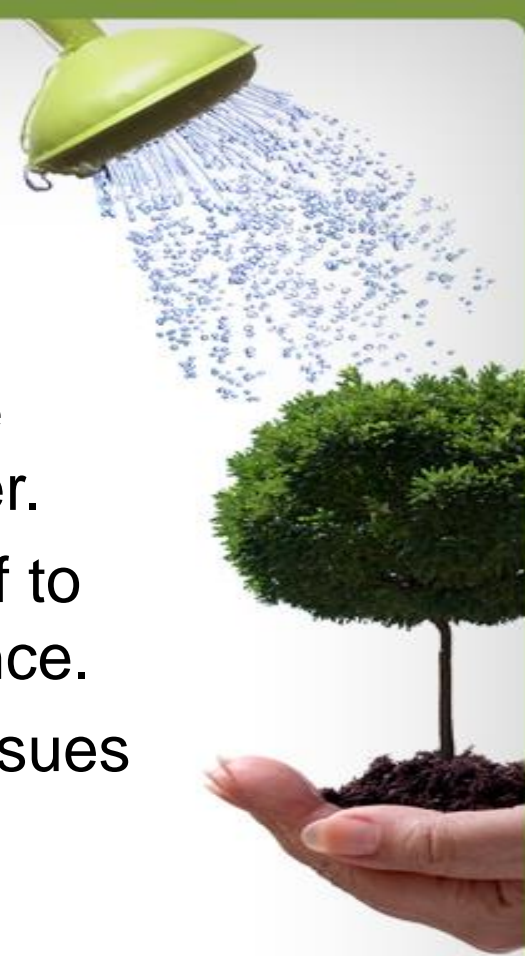


Follow the leader?



- Believe you have something to offer.
- Dedicate yourself to making a difference.
- Be sensitive to issues impacting others.
- Make the move.
- Lead from within.

Leader is not a role, but a characteristic.



Bidirectional mentorship

- Bidirectional feedback creates a collaborative environment where everyone is expected to work together for success.
- Bidirectional feedback increases mutual respect.
- Bidirectional feedback might be the only way for leaders and team members to reach their full potential.

Bidirectionality creates a mutually beneficial relationship. This is a hinge pin in peer relationships and can exist in all relationships.



Wellness is a 24/7 activity

- We are either contributing to our wellness or using up our reserve.
- Resources
 - <https://alcoholstudies.rutgers.edu/mapping-mental-health-dr-swarbrick-the-eight-wellness-dimensions/>
 - <https://blog.highgateseniorliving.com/how-intentional-focus-on-the-8-dimensions-of-wellness-can-improve-the-lives-of-seniors>
 - <https://johnmattone.com/blog/heres-why-successful-leaders-embrace-bidirectional-feedback/>
 - <https://www.lollydaskal.com/leadership/everyone-see-leader/>
 - <https://sourcesofinsight.com/everyone-is-a-leader/>

