

A large, vibrant yellow sunflower with a dark brown center is the focal point of the background. The sun is shining from behind it, creating a bright, warm glow and lens flare effects. The petals are bright yellow and slightly ruffled. The stem and leaves are green and visible at the bottom right.

# *Message from Your President*

*Kansas Respiratory Care Society*

*April 5th, 2019*

*Karen Schell*

*2019-2020 AARC President*



**Wherever life plants you,  
bloom with grace**



# Conflict of Interest

I have no real or perceived conflict of interest that relates to this presentation. Any use of brand names is not in any way meant to be an endorsement of a specific product, but to merely illustrate a point of emphasis.





# Where are you today?

*Are you using this moment to its fullest advantage?*

*Is your attitude and thinking pointed in a positive direction?*

*Are you being solution orientated?*



# Law of Diminishing Intent

*The longer you wait to do something, the greater the odds that you will never do it. You should do now.*

John C. Maxwell - From the book, "Developing the Leader Within You 2.0"





# Anything is possible, when you are....evolving

We have become self-evolvers. We are responsible for our own evolution.

Evolution means selecting and therefore choosing and deciding. Catherine Ponder



# When you are....evolving

Don't judge each day by the harvest you reap,  
but by the seeds that you plant. Robert Louis Stevenson.





# Time has come to move the profession forward.

Paying attention to one another can build relationships that can get to the goal.

Putting best self forward.

Knowing we have strong/weak points and can identify them strengthens our best skills and grows our weak skills to improve.





# Action needed to proceed

Remain visible and engaged no matter who else is leading.

Ask yourself “How can I make the world a better place?”







# Build

## From the Heart

*We build genuine relationships, bonds built with unconditional love, joy, loyalty, trust and conviction*

## Through the Heart

*We connect with the world around us, the people around us*

## With the Heart

*We foster commitment, we experience true passion, we take risks which gives us the courage and fuel to do something with purpose and vision*





# Nurture and grow our future

It takes everyone to be engaged.

Grow the profession and mentor RTs to meet the challenges ahead.





# How do you become involved?

*Be in the moment, it starts with you!*

Maintaining belief

Knowing

Being with

Doing

Enabling/informing





# Build Community

Create Partnerships

Balance

Truth

Abundance

Courage

Options

Awareness

Balance

Trust

Passion

Creditability

Respect





# Mutual respect, trust, fairness

- Take a poor performer and make them into a high performer
- Make them successful
- Good relationships
- Approachability
- Appreciation





# WOW!

Seek out opportunities to grow.

Mentor our future.

Press forward.





# Self Reflection

- Humility
- Emotional safety
- Genuine advice, guide not dictate
- Feedback – positive
- Support
- Sense of direction, purpose of vision
- Listening
- Probing



# AARC wants you!

- Time has come to move our profession ahead. It is time to decide to evolve.
- We need your participation, we need to nurture and grow our future, we need you to be engaged in growing yourself and the profession.
- Seek opportunities to grow, mentor for our future, and press forward.
- You have a choice today and it lies within your power. Let yourself feel the power.
- **Let yourself know the power is yours.**







# AARC Membership

- Take ownership of change
- Increase engagement
- Be a role model
- Build healthy relationships
- Learning/caring environment
- Open, visible, honest





# How to become engaged

*“Giving frees us from the familiar territory of our own needs by opening our minds to the unexplored worlds occupied by the needs of others”*

*Barbara Bush*





# How to become engaged

- Look around
- Begin where you are
- Learn by doing
- Start small
- Go with energy
- Go with passion
- Have enthusiasm

*You are totally responsible for your life, you are in charge, each event of your life, is the result of choices you have made or making.*





# How to become engaged

- *Connect – don't be afraid of intimacy!*
  - *Go to the people*
  - *Live among them*
  - *Learn from them*
  - *Start with what they know*





# Your Passion

- Big dreams start small, nurture and mentor, and they grow big.
- Take the time to plant the **“seed”** and **“grow individuals”** and our profession would flourish first into a beautiful individual then into a field of beautiful individuals that could grow together to move the profession forward.
- You need to be willing to participate, reach out to your fellow RTs and grow them to meet the challenges ahead.
- Let yourself shine, smile more, laugh more easily, make time to work on your dreams.





# AARC Horizon Goals

**ADVOCACY:** Respiratory care provided by Respiratory Therapists is recognized and supported in all in healthcare settings.

**COMMUNICATIONS/MARKETING:** AARC consistently delivers the right message, to the right audience, at the right time, through the right channel.

**EDUCATION/PROFESSIONAL DEVELOPMENT:** AARC offers engaging, valuable professional education that advances the professional practice of respiratory therapy and supports elevation of the profession.

**EVENTS/MEETINGS:** The AARC is recognized as the #1 provider of world-class educational and research conferences that attract respiratory therapists and inter-professional audiences.

**MEMBERSHIP:** AARC has an engaged, diverse membership comprised of a majority of Respiratory Therapists.

**REVENUE AND FINANCE:** The AARC produces ample revenues from diverse sources, which are managed to the highest standards.





# When do I become educated

## Now, Future, Continuously!

- The more you learn, the more your perspective changes and you find yourself with more compassion, understanding, and confidence.
- Opens opportunities
  - to grow our selves
  - to grow others
  - to grow the future
  - to grow respect
  - to grow the profession

**It is exciting to see the change!**





# Develop an action plan

**When** – now - Run towards it, not away from it.

Use Change:

to improve

to create opportunity

to secure our place

**How** – Develop a strategy.

Adapt your strategy to your needs at the time major impact starts with minor moves.





# Develop an action plan

## Have a target

Set specific goals

Set time lines

Follow up

## Push for your dream – commitment to cultivate growth

Practice the 3 C's with relationships

Caring

Commitment

Collaboration



# Make the best in the moment

- You can make a difference by making a change in yourself!
- How we live in the future depends how to grow our experiences from the past.
- What gifts have you been given to share?

*“What lies behind us and what lies ahead of us are tiny matters to what lives within us”.*

*Henry David Thoreau*

Can you be inspired to make a change that impact the world you live in?





# Sharing your expertise

## What are you willing to do?

- Sharing grows your confidence and confidence others have in you.
- Inspire others to grow, change, and be all they can be.
- Opening your heart, listening to your calling, turns your vision into reality.
- Passion feels our hearts when we allow it and inspires others when we share it.



# Make the best in the moment

- Strength to hang in there
- Celebrate small steps
- Time to see results
- Individual growth
- Flexibility
- Diversity
- Involvement
- Satisfaction



# Use to your advantage

- **Throw your heart over the fence, the rest will follow.**
  - What kind of effort are you willing to make?
  - How fearful are you?
  - What are your excuses for not being committed to change?



# Use to your advantage

- **Just start – today, tomorrow**
  - Realize that nothing we do is insignificant
  - Every act shapes the world for better or worse
  - We are responsible for whatever we do or don't do
- **Be aware of the power to touch the lives of others in and deep and meaningful way.**
- **Believe in your abundance, best to contribute what one can whenever possible**



# Attitude

- Commit to excellence
- Insist on Integrity
- Treat people fairly
- Value diversity
- Communicate openly, honestly, and directly
- Take responsibility
- Lead by example



# Attitude

- Be agents of change, agents of hope
  - Helps us see our past and our successes as proof of our ability for future success
- Practice appreciative inquiry
  - Look at “what is” with appreciation for what it has provided so far
- Tool of perception
  - what is possible – empowers us to remove barriers in order to create





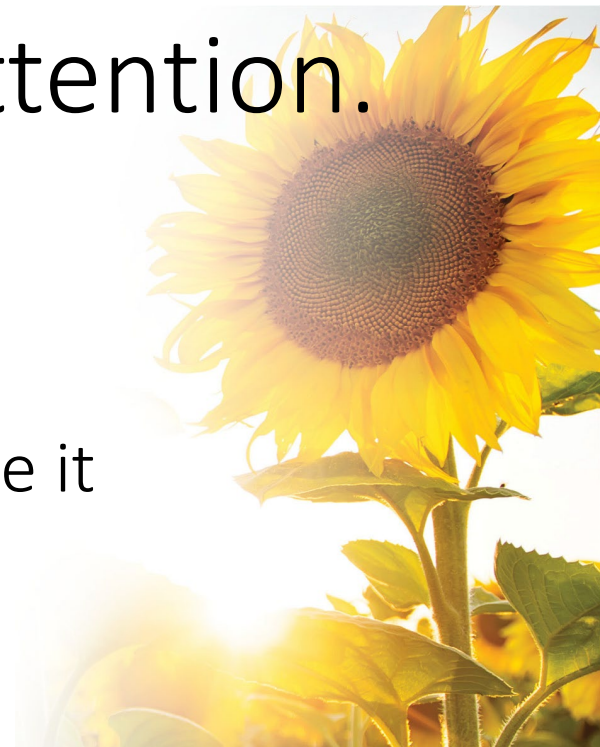
# Positive thinking pointed in the right direction

- We have influence in every relations, be proactive instead of reactive.
- We can choose were we focus our attention.
- Experience exuberance.

Can be learned and practiced

Recognize it and express gratitude for it when you see it

Valuable gift we can offer in any collaboration



# Positive thinking pointed in the right direction

- Soul of the Role - Competent, helping/supporting, relationships, passionate
- 12 step program to achieving soul
  - Step 1 - Become visible, clear your mind and focus, be direct
  - Step 2 - Anticipate
  - Step 3 - Be reliable
  - Step 4 – Listen
  - Step 5 - Stay in Control
  - Step 6 - Self disclose



# Positive thinking pointed in the right direction

Step 7 - Care

Step 8 - Use humor when appropriate

Step 9 - Educate

Step 10 - Give some control to others

Step 11 - Show support

Step 12 - Leave preconceived thoughts at the door



# Solution Orientated

You are an unique individual

- You have much to share in knowledge and skill
- Share your personality. We are all unique in ourselves, do not be afraid to show your human side.

*Plan your work, work your plan, and make the most of what you have.*



# Practice Excellence

- Respect individuals by recognizing their human needs for care
- Stand tall, be proud
- Settle for nothing less than “Excellence”



# Sunflowers

- Unswerving faith, loyalty, and dedicated love, devotion and adoration
- Represents happiness, radiance, and all things positive
- Symbolizes longevity or long life
- Symbolizes career and employment ambitions, wealth, good fortune, and positive opportunities
- Symbol of peace and hope for the future of humankind
- My story, my mission



# *Questions*

Thank you!

*Karen Schell*

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