

Women & Leadership Workshop: Leading and Living on Purpose

Program Overview

It's difficult to be a great leader when we aren't leading our own lives effectively.

In our busy world, we rarely stop to examine how we are spending our time, or whether we are living our life according to our own plans. In fact, many of us don't even have a plan. We have lists of things that we have to get done, that our teams must deliver, and we work hard. We often feel tired. It isn't necessarily that we are doing too much, although that is sometimes the culprit, but more often because we are doing too little of what sparks a light in us and brings us joy. When we are living on everyone else's agenda, we can find ourselves out of sync.

Self-awareness is an essential attribute of great leadership. This workshop is a guided exploration of how you are living and leading—where you spend your time, your thoughts and your energy. Through exercises, group discussion and personal reflection, you will craft a plan to live your life and lead your teams with more intention and aligned with your personal values. You will be asked to make at least one “change” commitment to yourself based on your personal discoveries.

Program Objectives

- Identify tools and insights to generate deeper self-awareness
- Develop a plan to enhance your effectiveness as a leader
- Apply techniques to improve daily productivity (and sanity!) for yourself and your team

Program Faculty

Dawn Rowley

Dawn is an executive and leadership coach who combines the power of professional coaching with over 25 years of business experience. She is the co-founder of BenchStrength Coaching, a leadership development and coaching firm that helps companies achieve sustainable business results by building better leaders in their talent pipeline.

Using an intuitive and action-oriented approach, Dawn helps clients uncover barriers to change and create strategies to achieve their personal and professional goals. She works with leaders and teams to create environments where individuals can thrive; bringing their best self and driving business results.



REGISTER
NOW

DATE/TIME

Thursday, April 2, 2020
8:30 AM – 3:00 PM

Registration and Continental
Breakfast begin at 8:00 AM

LOCATION

Maryland Hospital Association
Pierson Conference Center
6820 Deerpath Road
Elkridge, MD 21075

PROGRAM FEE

Early Bird MHEI Member: \$269 (Register & Pay by March 2)

MHEI Member: \$369 (After March 2)
Groups of 3 or more: \$249/person

Non Member: \$625

REGISTER

To register, please visit MHEI.org.

Questions? Contact Kelly Yost,
Manager of Programs & Membership:

410.796.6239

kyost@mhei.org



maryland healthcare
education institute
6820 Deerpath Rd.,
Elkridge MD 21075
410.796.6239 (p)
www.mhei.org