Top 5 Reads: Change your Life and your Leadership in the ED

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Objectives

* Understand and use multi-faceted principles of rest to renew and extend your creativity in career and life.
* Learn to apply the designer’s mind-sets to build life at any age of your life and career.
* Identify the six key qualities of an idea to get people to change in the ED organization.
MADE TO STICK
Chip Heath & Dan Heath

THE NEW RULES OF WORK
ALEXANDRA CAVOULACOS AND KATHRYN MINTZER
Founders of TheMuse.com

PERMISSION TO SCREW UP
KRISTEN HADEED

DESIGNING YOUR LIFE
BILL BURNETT & DAVE EVANS

Rest
Alex Soojung-Kim Pang

THE LONGEVITY PLAN
Seven Life-Transforming Lessons from Ancient China
DR. JOHN D. DAY AND JANE ANN DAY
with Matthew LaPlante
What Makes Idea Stick?

* **S** Simple  
  Core + Compact
* **U** Unexpected  
  Pay Attention
* **C** Concrete  
  Understand & Remember
* **C** Credible  
  Agree & Believe
* **E** Emotional  
  Care
* **S** Story  
  Be Able to Act on It
Proverbs and Stories

- Bird in the Hand
- Kidney Heist
- 7 month old with fever
- Analogies, metaphors
“If it came from a plant, eat it; 
If it was made in a plant, don’t.”

Michael Pollan, Food Rules
“You can eat all the junk food you want, as long as you make it yourself.”

- Michael Pollan, Rule #39, Food Rules
THE NEW RULES OF WORK
THE MODERN PLAYBOOK FOR NAVIGATING YOUR CAREER

ALEXANDRA CAYOULACOS
AND KATHRYN MINSHEW

Founders of TheMuse.com
What Do I Actually Want?

- Reflect: Understand Yourself
  Old Rule: Education, New Rule: Skills, Interests, Values

- Research: Lay out a Full Set of Choices
  Old Rule: Personal Contact, New Rule: Online Research

- Refine: Choosing (and Trying Out) Next Steps
  Old Rule: Linear Path, New Rule: Experiment Options
Making Your Move: The New Rules

- Build Your Personal Brand: Products vs Person
- Networking: Formal vs Informal
- Find Job Opportunities and Openings
- Crafting Your Application: Personal vs Online
- Acing the Interview (or Interviews): Passive vs Active
- Nailing Your Negotiation: Accept vs Haggle
Chart Your Course Through the Modern Workplace: The New Rules

* Communication: Phone, Email, Meetings, Speaking
* Interpersonal Skills: Self Management/People Skills
* Productivity: Time Management
* Career Advancement: Take Charge Own Professional Growth and Development
Communication Ground Rules

- Know Your Purpose
- Know Your Audience
- Be Respectful
- Listen as much as You Speak
- Remember Your Nonverbal Cues
PERMISSION TO SCREW UP

How I Learned to Lead by Doing (Almost) Everything Wrong

KRISTEN HADEED
Founder and CEO of Student Maid
Permission to Screw Up

* The 45
* Shepherd’s Pie
* Behind the Screens
* Deal Breakers
* Upside Down and Inside Out
* The Line
* Coming Clean
“If you are going to have a sense of fear of failure, you’re just never going to learn how to cook. Because cooking is one failure after another, and that’s how you finally learn.”

- Julia Child
“Designers imagine things that don’t yet exist and then they build them and then the world changes.”

“Imagine a career and a life that don’t exist yet; you can build that future you and a result your life will change.”

Five Mind-sets

* 1. Be Curious (Curiosity) Get good at getting lucky
* 2. Try Stuff (Bias to action) Prototype
* 3. Reframe problems (Reframing) Dysfunctional Belief
* 4. Know it’s a process (Awareness)
* 5. Ask for help (Radical collaboration) Team/Network
Compass: Workview + Life View + Values
Align “Who you are, what you believe, and what you are doing?”
Practices: Educate emotions/mature discernment
Myths

- No perfect pie (in a day)
- Balance happens over time.
- Life design happens over time.
“People cannot change their habits without first changing their way of thinking.”

- Marie Kondo, The Life-Changing Magic of Tidying Up
Rest
WHY YOU GET MORE DONE WHEN YOU WORK LESS
Alex Soojung-Kim Pang
Rest

- Problem of Rest: Myth of Hard Work
- Science of Rest:
  DMN’s (Default Mode Network)
  Mind-wandering and creativity
  New Ideas: generation, evaluation
First, Work and Rest are partners.
Second, Rest is active.
Third, Rest is a skill.
Finally, Deliberate rest stimulates and sustains creativity.
Stimulating Creativity

- Four Hours: Scientists, Writers and Musicians 10/15/30K
- Morning Routine: Early Work, Freedom, Circadian
- Walk: Just do it, Solvitur Ambulando
- Nap: Churchill, Energy, Memory, Emotions, Time/Amount, Ideas
- Stop: Hemingway, Break-Stop when know what happens next!
- Sleep: 7 Hours, REM, Slow Wave, Growth, Restore, Repair, Memory, New Ideas, Combat, Shifts
**Sustaining Creativity**

- Recovery: Vacations
  - Relaxation, Control, Mastery, Detachment
- Exercise: Athletic Experimentation, Lifelong
- Deep Play: Video gaming, Pianos and Mtn Climbing
- Sabbaticals: Breaks, Alien and Familiar, Culture
  - Breadth, Distance, and Depth, Adria, Gates
THE LONGEVITY PLAN

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The incredible story of an American physician’s visit to a bucolic village and the wisdom he brought back
The Longevity Plan

- Eat good food
- Master your mind-set
- Build your place in a positive community
- Be in motion
- Find your rhythm
- Make the most of your environment
- Proceed with purpose.