

# SUSTAINING INSPIRATION FOR ENDURING LEADERSHIP IMPACT

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# LEARNING OBJECTIVES

- Learners will:
- 1. Describe the virtuous cycle of inspiration-impact-inspiration when creating a sustainable impact trajectory
- 2. Identify three personal sources of inspiration designed to support sustainable individual impact trajectory
- 3. Create a personal plan for celebrating hallmarks of success and impact



# YOUR FUTURE SELF

- Reflection questions:
  - Where are you in the cycle of inspiration-impact-inspiration

# An Evidence Based Course that Supports Student Well-being and Flourishing



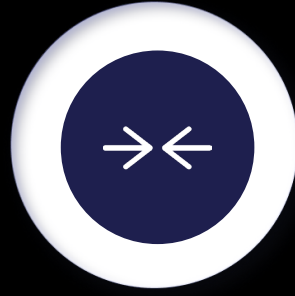
# Scientific Framework for Wellbeing (ACIP)

Evidence based framework for learning and measuring the skills of human flourishing associated with specific networks in the brain



## AWARENESS

attention  
mindfulness  
self-awareness



## CONNECTION

kindness  
compassion  
appreciation



## INSIGHT

self-inquiry  
self-knowledge  
self-transcendence



## PURPOSE

finding meaning  
embodying values  
clarifying purpose



# The Healthy Minds Program (HMP) App

A free wellbeing training program based on our science currently in market with 500K+ users.



Download the free app

## Ratings





# EXPLORING SUSTAINABLE STRATEGIES

- Personalized
- Intentional or Serendipitous
- Consider: how do you sustain inspiration-impact-inspiration cycle?



# CELEBRATION AND JOY

- Sources of growth and nurturance:
  - Feedback
  - Observation
  - Reflection
  - Connection
  - Arts, Discovery, Nature
  - Writing or expressive avenues
- Identify your own sources of sustainability and share



# A CALL TO ACTION

- Please remember to seek and share your sources of inspiration and impact with other people
- You never know who may need to hear your story
- Express gratitude for the inspiration and impact you have received from others