

## **Samantha Bowe FSDF Final Report**

### **Part 1**

As the mathematics program coordinator, I am a woman in a position of leadership. The Women's Leadership Success in Higher Education conference was designed to help women, "overcome personal barriers that might be holding you back as a leader," and, "build upon your leadership skill set for success." The math department serves the entire student body so the more cohesively we work, the better it will be for our students and UHMC as a whole. I came back from this conference with leadership and conflict resolution skills that I have already been implementing to help lead the math department.

One example of a skill I quickly transferred was to not take disagreements personally. I am better able to appreciate differences of opinion and work with my colleagues to ensure we all end up on the same page. Additionally, I learned an excellent conflict management skill of restating what some aren't happy about in order to let them know that I have heard them. I can then try to lead them to a helpful solution to their problem.

### **Part 2**

On March 12<sup>th</sup>, I lead a Lunch and Learn session. Please see separate document for what was covered.

## Thursday, March 12<sup>th</sup>, Lunch and Learn – Women in Leadership in Higher Ed

### Activity 1

- 1) Introduce yourself and say something good about yourself either in your job or life.
  - a. What did you say?
  
- 2) Introduce yourself and say something negative about yourself either in your job or life.
  - a. What did you say?

Which was easier? Why?

How can you track the negative pattern and practice shifting negative thoughts to positive thoughts?

- 1) Trigger or Situation
  
- 2) Negative Thought
  
- 3) Feeling
  
- 4) Assumption
  
- 5) Possible Negative Action
  
- 6) Constructive message you can tell yourself instead
  
- 7) What can I do next time?

Activity 2 – What type of Leader are you? <https://www.academicimpressions.com/product/5-paths-leadership-assessment/> \$25.00

- 1) The critical Thinker – Logical, objective, methodical, concrete, trouble seeing the big picture, rigid, overly critical, bogged in detail
  - a. On a scale of 0 to 5, 0 being not at all and 5 being very strong, how do you see these qualities as part of your leadership style?
  
- 2) The Relator – Empathetic, trusting, team player, good listener and communicator, overly sensitive, conflict averse, unassertive, can't say no
  - a. On a scale of 0 to 5, 0 being not at all and 5 being very strong, how do you see these qualities as part of your leadership style?
  
- 3) The Visionary – creative, sees the big picture, passionate, inspiring, unfocused, impulsive, inattentive to detail, impractical
  - a. On a scale of 0 to 5, 0 being not at all and 5 being very strong, how do you see these qualities as part of your leadership style?
  
- 4) The Warrior – task and result oriented, ambitious, willing to take risk, walks the talk, controlling, insensitive, overly competitive
  - a. On a scale of 0 to 5, 0 being not at all and 5 being very strong, how do you see these qualities as part of your leadership style?
  
- 5) The Sage – self-aware, candid, optimist, personal balance, doubt, complacency, spacy, dull
  - a. On a scale of 0 to 5, 0 being not at all and 5 being very strong, how do you see these qualities as part of your leadership style?

*\*\*“Any strength if used in excess, can be a weakness. Find your balance as a leader!” \*\**

*\*\*Be the leader you would love to follow!\*\**

*\*\*It's up to you to be the change.\*\**