



Leading in Uncertain Times

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Stay True to Your Mission

Control your own fears

Be willing to put the mission first

Prepare, prepare, prepare

OK to have “Tough Love”

Be an inspirational leader

User resources and remember: It’s okay to ask for help



Key Traits of a Good Leader

Competent

Confident

Reliable

Compassionate

Positive

Proactive

Flexible

Decisive

POOLING

TODAY
PRESENTED BY AGRIP-CAUPA/NLC-RISC

Communication

Open

Honest

Clear

Timely

Concise and to the point

- No time for misunderstanding



Handling Pressure

Remember to breathe

Maintain perspective

Turn to and use your support system

Insert appropriate humor



Solicit Feedback

Regular check-ins

Expect emotionally charged responses

Recognize the difference between feedback and venting

Listen to it!

Do it!



Trigger Events

Recent Pooling Community Examples:

- Right Now
 - COVID-19
 - Death of George Floyd
 - Widespread, ongoing civil unrest
 - Natural disasters such as widespread wildfires, hurricane season, mass flooding
- Other Examples
 - Sexual abuse allegations of coaches, teachers in public schools
 - Mass shootings in California, Wisconsin in past 4 weeks



Why Is it Challenging For Us?

We are wired to be “planners”

Medical pandemic vs. terrorism is a “new concept”

Fear for family, selves

Life can change in a nano-second

Painful to hear stories



Where to Start?

Accept a new normal

Focus on positive stories

Focus on facts

Watch your media intake



How to Handle

Focus on what you can control

Create a mission statement

Get involved

Talk, talk, talk

Learn to laugh more

Build relationships



Manage Anxiety

Know what works for you

Be sure to take preventive measure to care for yourself

- Sleep
- Nutrition
- Exercise



Best Techniques

Cognitive Behavioral Therapy

Focus on changing attitudes, then behaviors

Breathing Techniques

Distractions

Stay away from “worriers”

Become part of solution/change agent



Thinking Points

I can't control when or if something bad happens. It's out of my hands. No amount of worry will prevent it.

But I can control how I behave each day and how I take care of myself.



Thank you!

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