

# Embracing my inner sidekick (finding my “how”)

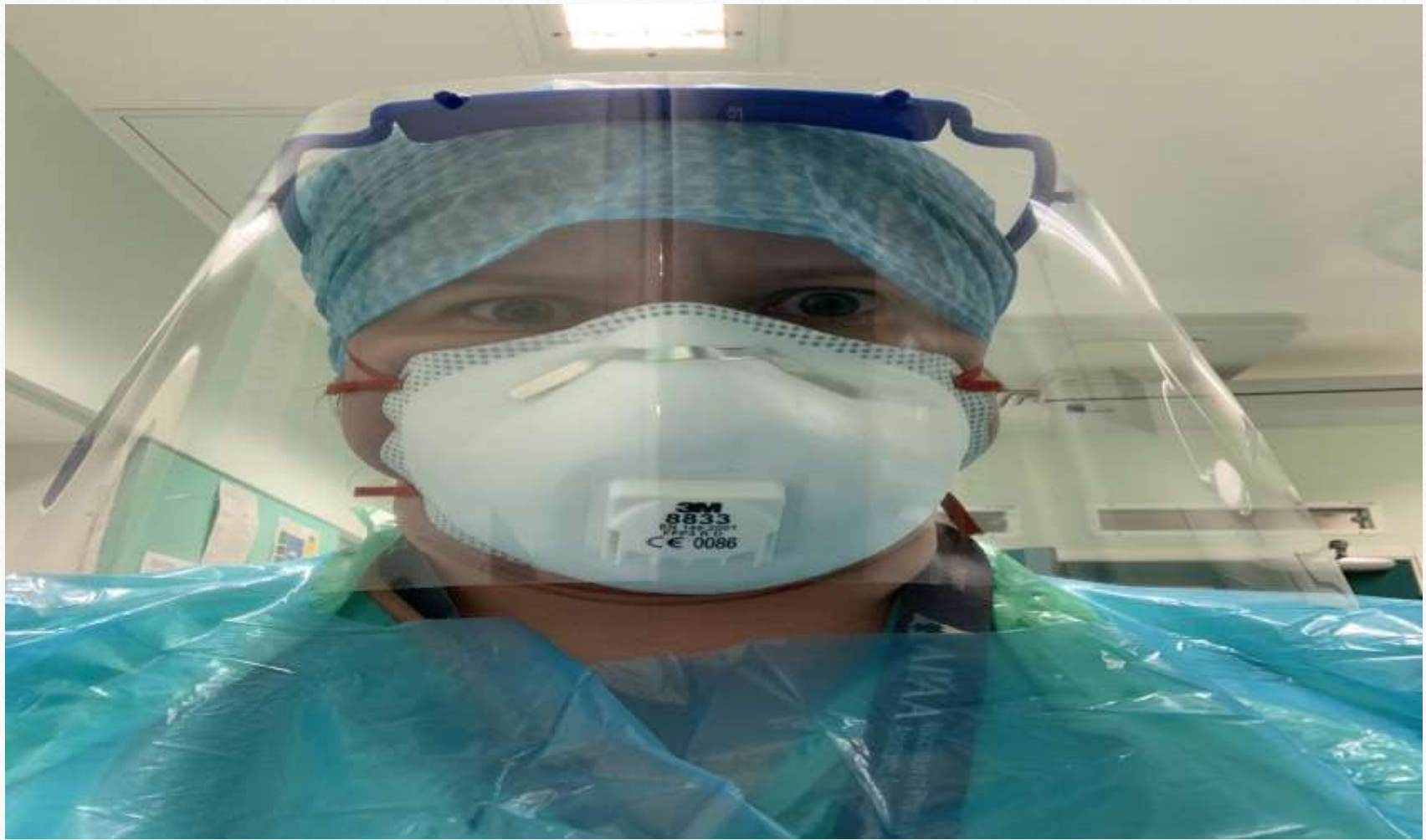
---

Lynsey Downie  
Anaesthesia Associate  
HCSW VLW  
2022

# ONCE UPON A TIME IN THE WEST...







Just keep swimming...

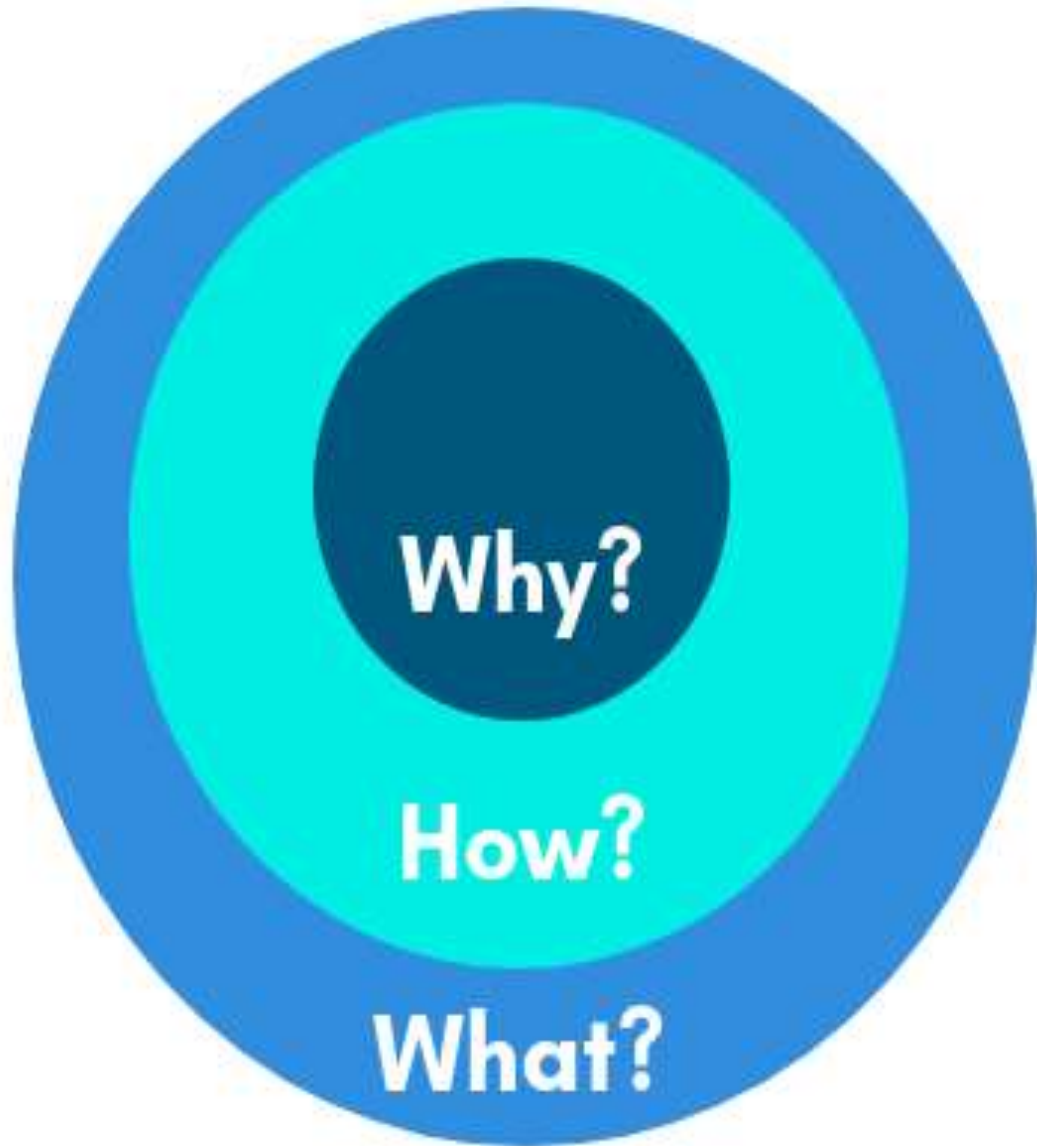


...easier said than done?

# Begin with the end in mind...

*Dr Steven R. Covey*





### **Why = The Purpose**

What is your cause? What do you believe?

### **How = The Process**

Specific actions taken to realize Why.

### **What = The Result**

What do you do? The result of Why. Proof

# Starting with

---

- Develop my role
- Be a positive force for change
- Become a recognised leader







**HOW?**  
PROCESS OF CHANGE

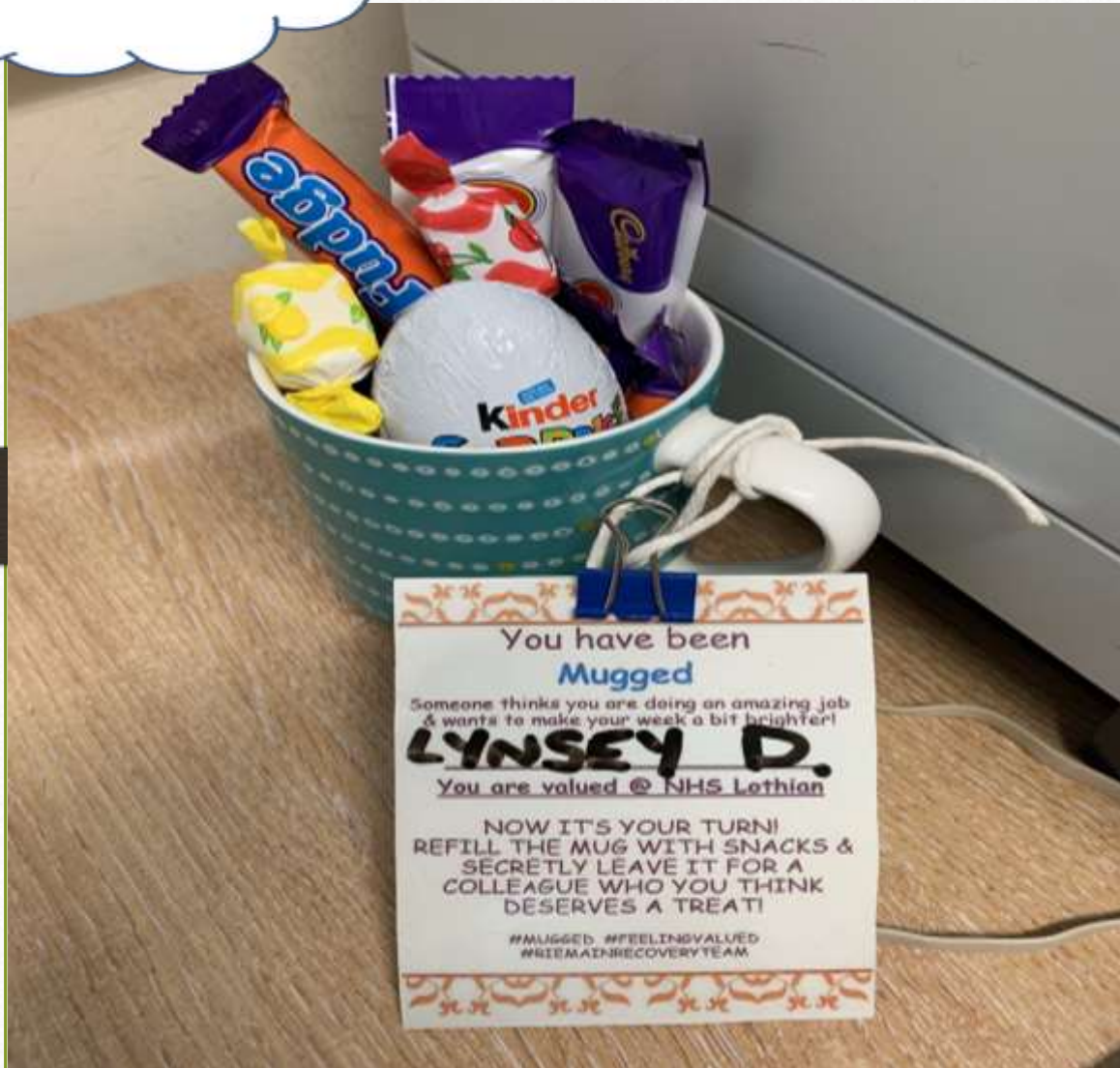


## Qualities of a ~~sidekick~~ leader

- Compassionate
- Focused
- Encouraging
- Supportive
- Approachable
- Professional
- Work well with team
- “Believes in making things better.”

HOW?

PROCESS OF CHANGE



# Appraisal feedback

- Compassionate
- Focused
- Encouraging
- Supportive
- Approachable
- Professional
- Work well with team
- “Believes in making things better.”



IF YOU'RE  
WORTH YOUR  
ROOM ON  
EARTH THIS





Spot the Sidekick...