

NETWORK NEWS

UPCOMING EVENTS:

- SEP. 16** Disaster and Hazard Readiness 101
11:00 am - 12:30 pm ET
- SEP. 17** Communication Power Moves: Working with Difficult Clients
11:00 am - 12:00 pm ET
- SEP. 23** Communication for Patients with Low Nutrition Literacy
11:00 am - 12:00 pm ET
- SEP. 24** Modeling Healthy Technology Behaviors for Young Children
11:00 am - 12:30 pm ET
- SEP. 29** Building Relationships with Families to Support Positive Behavior
11:00 am - 12:30 pm ET
- SEP. 30** Sesame Street and You: Caring for Each Other During COVID-19
11:00 am - 12:00 pm ET

Four Challenges for Everyday Leaders

Imagine two people sitting across from each other. They are making eye contact and their hands are up, gliding slowly through the air. They appear to be mimicking each other. One of them – you can't tell which – is leading the other. The facilitator tells them to switch leaders, and just like that, they seamlessly switch. Their movements change a bit, yet they are still moving together.

The facilitator continues to tell them to switch, switch, switch, and switch again so rapidly that no one – not even the two participants – can tell who is leading and who is following anymore. They are moving as one – both leading and following each other.

Everyday Leadership

This improv mirroring exercise is a great illustration of how I define everyday leadership – whether it's at the office, in the community, or at home. To me, everyday leadership is about being in relationship with the other people on your team (or in your family). Sometimes you are stepping up and engaging your skills in the moment as a leader, and sometimes you are stepping back and letting someone else's skills and ideas shine. And sometimes you can be so in sync with your team, that the leadership becomes fluid.

Transformational Leadership and the "4 I's"

While working on a podcast episode for "Practicing Connection in a Complex World," I became acquainted with transformational leadership theory, particularly the "4 I's" of Idealized Influence, Inspirational Motivation, Intellectual Stimulation, and Individualized Consideration. While I am only just beginning to understand this theory, I started to think of each of the 4 I's as challenges to motivate us toward leading in ways that are more human-centered.

Some of these challenges may come easier to you than others. But if you're intentional about focusing on all of them, you'll be well on your way to

being in-sync with the everyday leaders on your team (hint: that's everyone!).

Challenge #1

This element of transformational leadership challenges you to model the behavior you expect from others. Work and live with integrity, and it can build trust and inspire others to do the same.

Challenge #2

Inspirational Motivation challenges you to identify a vision and learn to communicate about it in a way that is compelling and meaningful to the team, not just to you (or the organization). Do this well and your team will be motivated in their responsibilities and optimistic about your shared future.

Challenge #3

This element of transformational leadership challenges us to lead with a growth mindset, while cultivating one within our team. Asking questions and challenging assumptions is encouraged, as is taking risks and finding new ways to accomplish goals.

Challenge #4

Individualized Consideration is sometimes said to be the most important of the 4 I's. It challenges you to practice empathy and serve as a supportive mentor or coach. It also challenges you to really understand the strengths of each person and honor what they bring to the team. Doing this well is just great relationship practice – it is validating and encourages the development of intrinsic motivation in your team.

As I continue to shape my views around connection and leadership, I'm finding that transformational leadership is one framework I can learn a lot from.

[Read more of this post here!](#)

RSVP Today: Disaster and Hazard Readiness Foundations

Disaster and Hazard Readiness Foundations is the inaugural Military Family Readiness Academy series. Facilitator Angie Lindsey from University of Florida hosts three dynamic sessions throughout the fall to engage military family service providers and Cooperative Extension educators in foundational conversations that support readiness throughout the four stages of disaster and hazard management.

**DISASTER AND HAZARD
READINESS
FOUNDATIONS**

[NEWSBITES]



Staying Positive: The Link Between Being Positive & Stress

In the literature, there appears to be a link between being positive and avoiding stress. Stress is our body's physical and mental responses to life experiences whether they are real or imagined. It comes from both happy situations/events (weddings, birthday parties, celebrations, a new baby, etc.) and sad situations/events (illness, death, being frightened or threatened, job loss, worry, etc.).

Talking to Children about Racism

Dr. Katie Lingras, a child psychologist and University of Minnesota Medical School Assistant Professor in the Department of Psychiatry and Behavioral Sciences, shares a few common questions caregivers may have and recommends some strategies for addressing these complex topics with children.

Helping Military Families Cope with COVID-19

Six months into the pandemic, Personal Financial Management (PFM) staff are helping military families stay afloat financially and emotionally. Starting in August, the \$600 per week of federal unemployment benefits will go away, causing a "cash cliff" for unemployed military spouses.

Improving Cognitive Function and Brain Health

The functions of the brain are abundant. Your brain is not only responsible for conscious thought (in other words, what you think) but also for regulating the function of numerous other organs in the body underneath the guise of your conscious perception.

Practicing Connection in a Complex World | Collaboration (Ep. 2)

In this episode, hosts Jessica Beckendorf and Bob Bertsch explore different perspectives on collaboration. Is there a mindset that leads to collaboration? How can we encourage collaborations that create something new? What makes for a good collaboration?

[Listen to this episode!](#)

MoneyTalk: Managing the Financial Impact of COVID

COVID-19 reached American soil months ago and, for many people, mental and physical fatigue is palpable. Sheltering in place has gotten very "old" and weeks with a reduced (or no) income has thrown the finances of millions of households into a tailspin. Studies show that prolonged "paycheck to paycheck" living can sap mental bandwidth and stress mental health to the point that people are simply not fully functioning.

What can people do? The only thing that they can do. Create some semblance of a routine and focus on things that they can control. In this podcast episode, Dr. O'Neill and I discuss ways that personal financial managers and other helping professionals can help military families navigate change, loss, and uncertainty in this turbulent time.

[Listen to this episode!](#)



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