

Leadership Caffeine & Resiliency for the Seasoned Manager

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- civic-minded organizational strategist
- certified executive & political coach
- 150+ change initiatives across five continents
- worked with: government, high tech, healthcare, NGOs, energy and real estate developers, sports and recreation, education, finance
- MSc in Org & Social Psychology from the London School of Economics and Political Science; BA in Political Science from UC Santa Barbara
- contributor to GOVERNING, iKNOWPolitics and Campaigns & Elections
- globe trotter
- dancer

Find the common
thread...











resiliency

our mission:

pinpoint what it's all about
(re)energize
connect for greatest impact
legacy



it's all about



be real



focus



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ICMA

adapt



what gets in the way

- 
- diverse stakeholders
 - limited resources
 - process
 - isolating
 - politicking
 - misunderstanding
 - media shenanigans
 - sycophantic behavior
 - public expectations
 - constant change

- impact



sad



sick



surly



**vital to our impact
here...**



...is our caffeine

real
purposeful
focused
adaptive

inoculate interferences
through moments of pause
from the rigors of #GovLife



self
aware



self
manage

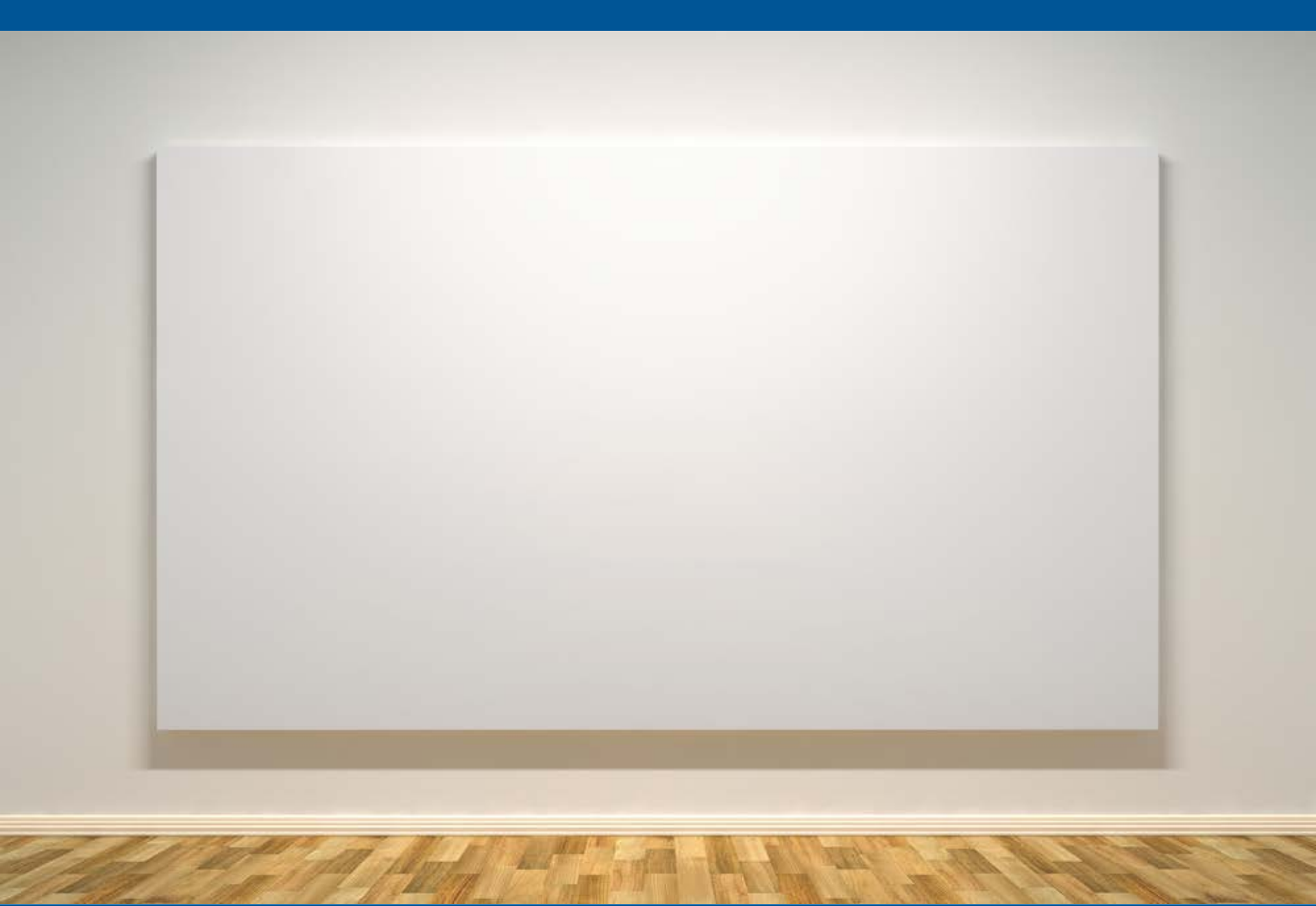


self
care

potential legacy



potential ('caffeine') – interference
= your impact





1. **Be real** about where you are.

2. What **purpose** originally drew you to government?

3. **Focus** on vision: How can you make the greatest impact with your remaining time?

4. How will you **adapt** to interferences when they arise?

5. What do you need to stay **resilient** and connected?

REMEMBER

be real * follow purpose * focus * adapt

connect to your personal 'caffeine' source (aware)

inoculate interferences (manage)

take moments of pause that work for you (care)

potential legacy ('caffeine') – interferences = your impact



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2015 SEPT 27-30
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