
Learning Objectives

MedBridge

SurThriveLeadership: Becoming a SurTHRIVELeader

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Course Objectives:

Upon completion of this course, learners will be able to:

- Describe the importance of resilience and how it drives how we think, speak, and respond during challenging times
- Discuss how resilient leaders impact and influence quality, customer service, and employee retention
- Explain the 6 Steps of SurTHRIVELeadership: 1. Tested, 2. Hope, 3. Realistic, 4. Insight, 5. Vigor, and 6. Excellence
- Analyze specific actions leaders can take to build resilience and become a SurTHRIVELeader

Chapter 1: What Is Resilience and Why Does It Matter?

Health care environments are rapidly changing and demand leaders that can be adaptable, flexible, and able to bounce back from difficulties. Resiliency is essential for success. This chapter will define resilience and why it is a critical component of effective leadership.

Chapter 2: The Working Environment—Resonant Versus Dissonant

According to Gallup research, leaders don't leave an organization, they leave their manager. It is essential that leaders are skilled in creating a resonant environment where staff have increased levels of engagement and work satisfaction. This chapter will discuss characteristics of a positive work environment and steps a leader can take to enhance employee satisfaction.

Chapter 3: Six Steps of SurTHRIVELeadership - Part 1

Leaders can either survive or thrive during changing times. Those that just survive become mediocre and are at risk of burnout. This chapter will discuss the first three steps of SurTHRIVELeadership: 1. Tested, 2. Hopeful, and 3. Realistic. Detailed actions towards regenerating enthusiasm and becoming a SurTHRIVELeader are offered so that one can learn to THRIVE!

Chapter 4: Six Steps of SurTHRIVELeadership - Part 2

This chapter will discuss the last three steps of SurTHRIVELeadership; 4. Insight, 5. Vigor, and 6. Excellence. Detailed actions leaders can take towards building emotional intelligence, maintaining work/life balance, goal setting, and becoming a SurTHRIVELeader are offered so that one can learn to THRIVE!

Chapter 5: Becoming a SurTHRIVELeader!

Research demonstrates that leaders who focus on the future and remain resilient have increased satisfaction and less turnover among staff. This chapter will identify the importance of visioning and goal setting for maintaining resilience and SurTHRIVELeadership. Specific steps are detailed for coaching others in resiliency and helping them THRIVE!