

Auto Pilot

A Roadblock to Elevation and Innovation

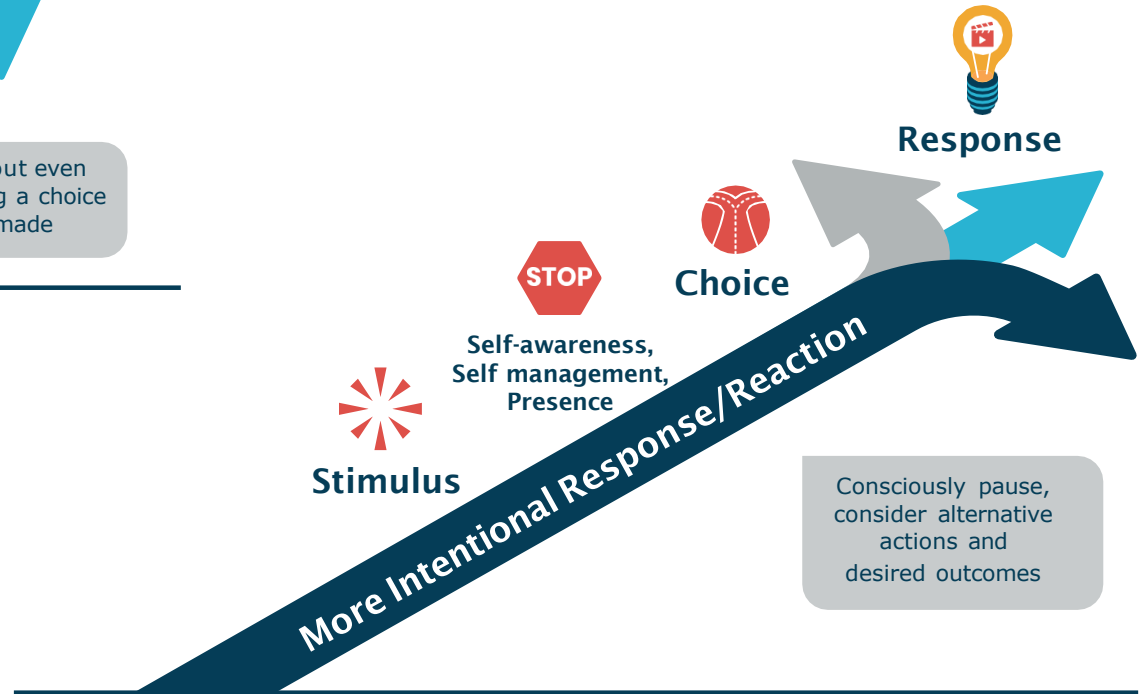
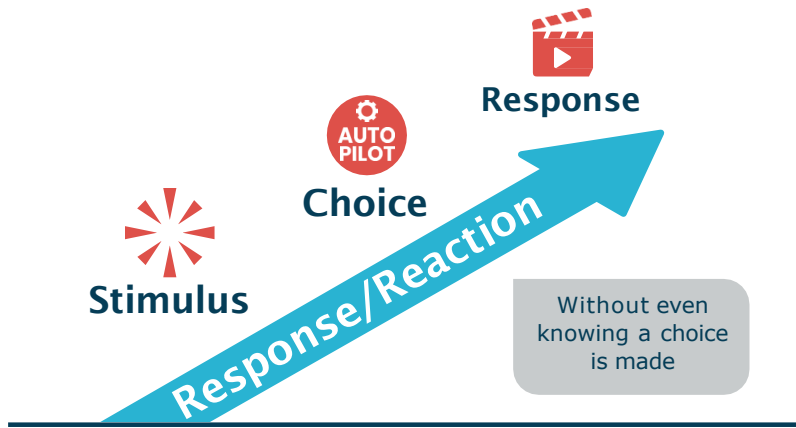
2024 WI HFMA Women in Healthcare
Leadership Conference



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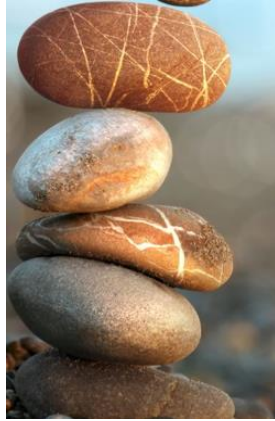
hfma healthcare financial
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Auto Pilot



Auto Pilot Impacts P.I.P.

Presence



Intention



Purpose



Table Discussion



What Auto Pilot behaviors keep you from leading with Presence, Intention and Purpose?

“Life is not a journey you want to make on autopilot.”

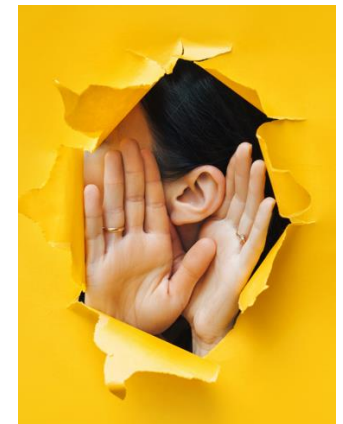
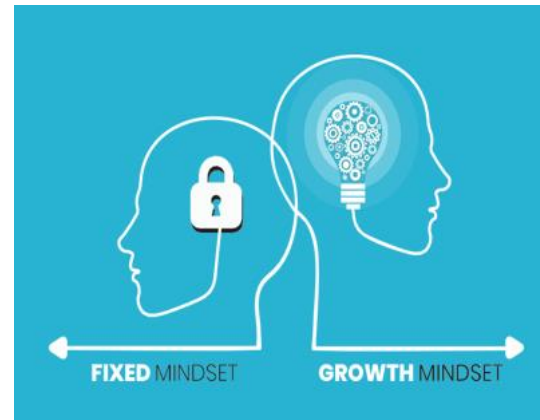
Paula Rinehart



Presence

The Importance of Mindfulness

The cultivation of mindfulness is essentially the practice of presence, deep listening and awareness.



Mindfulness












“Be where you are; otherwise, you will miss your life.”
Buddha



Mindfulness/Resilience Resources

- [positivepsychology.com](https://www.positivepsychology.com)
- [Mindful.org](https://www.Mindful.org)

Practice Grounding Techniques:

-  Drink some water
-  Use essential oils
-  Run water over your hands
-  Use a stress ball
-  Hold a rock/crystal
-  Listen to music
-  Spend time with pets
-  Walk barefoot in the grass
-  Take a walk in nature

Mindset



“A mind troubled by doubt cannot focus on the course to victory.”

Arthur Golden

Supportive Self-Talk

- More realistic
- Curiosity and desire to learn
- Positive
- Forward Focused



Unsupportive Self-Talk

- Self-limiting statements
- Judgmental language
- Feeling in the “pit” of your stomach
- Harsh, powerful, negative words
- Perspective that ends

“Positive thinking will let you do everything better than negative thinking will.”

Zig Ziglar

Whole Body Listening



“Listening is about being present, not just about being quiet.”

Krista Tippett

Listening with our eyes, ears, and intuition to observations, body language, and the complete message being sent. It also includes our reactions to what we see, hear, and experience, including our words, feelings, body language, and emotions.

- Quiet Your Inner Voice
- Focus on the Person
- Listen with Curiosity to Understand
- Count of 8



Intention

Alignment of actions with your intention and desired outcome

- A story about headsets – or is it?

“A good intention requires the support of a good action in order to translate into a positive outcome.”

Trishna Damodar



Purpose

Purpose is the reason for which something is done or created or for which something exists.

“The purpose of leadership is not to make the present bearable. The purpose of leadership is to make the future possible.”

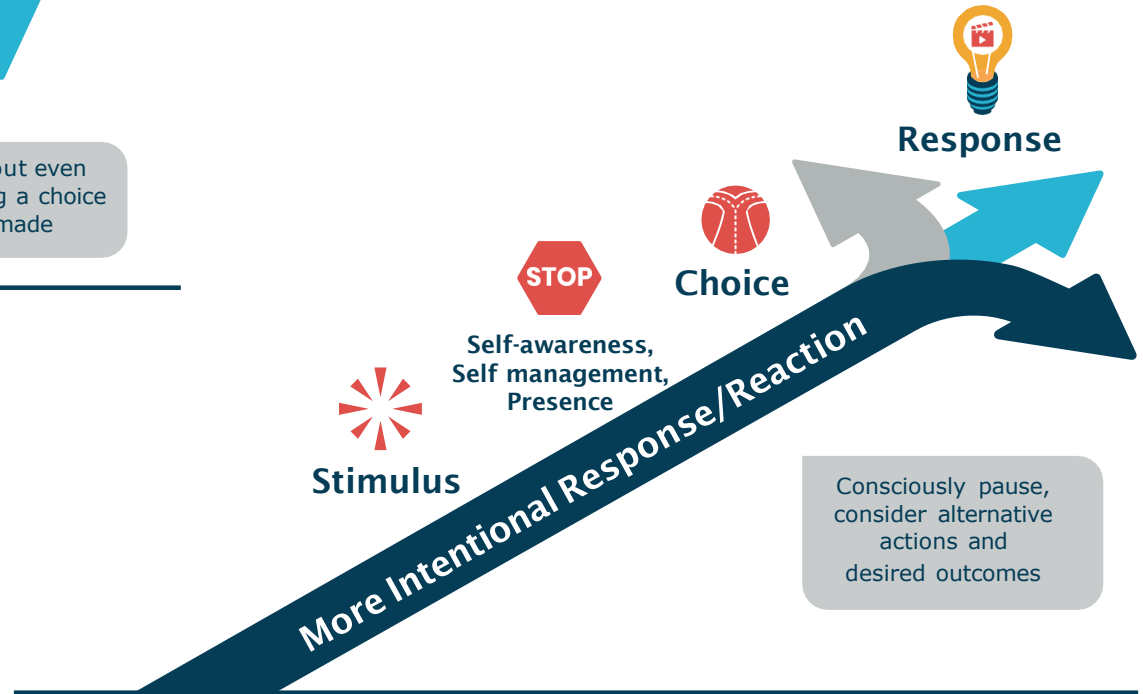
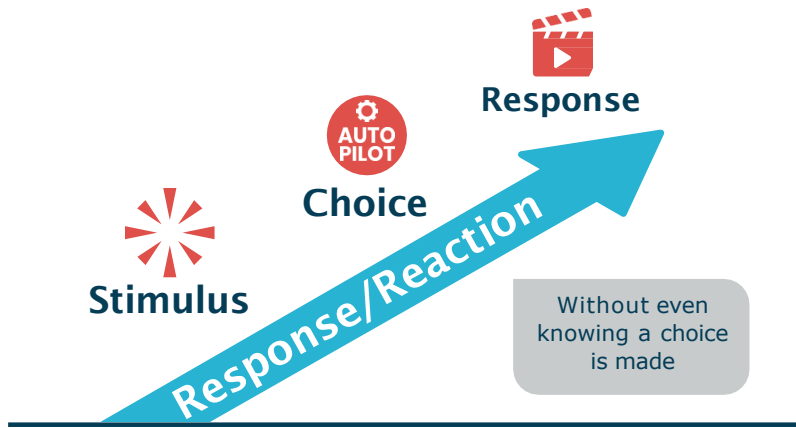
Joan D. Chittiser

“Leadership is the capacity to influence others through inspiration, motivated by passion, generated by vision, produced by a conviction, ignited by a purpose.”

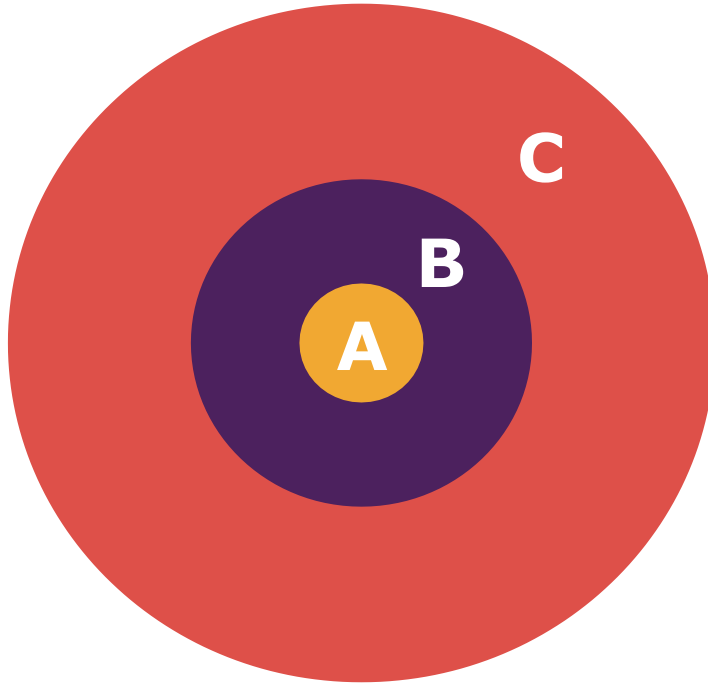
Myles Munroe



Focus on Your Auto Pilot



Circle of Control and Influence



- A** Those things **within our control**
- B** Those things **within our influence**
- C** Those things **outside of our control and influence**



Table Discussion



How are you going to increase your awareness of your Auto Pilot tendencies?

How do you expect that awareness to impact your Presence, Intention, and Purpose?

“The best way to predict the future is to create it.”

Abraham Lincoln



Thank you!

“What you get by achieving your goals is not as important as what you become by achieving your goals.”

Henry David Thoreau

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