

This Is My Story: Finding Leadership In Your Own Voice

Maia Huang, LMFT, Community Counselor

LGBTQIA RC and WRRC

mhuang@shcs.ucdavis.edu, 530-754-5958



What Makes a Good Leader?



Different Types of Leadership Styles

From 'Creating a Life Worth Living' by Carol Lloyd

Collaborative

- Leader
- Teacher
- Realizer
- Healer
- Interpreter



Individual

- Generator
- Inventor
- Maker
- Mystic
- Thinker

Guided Meditation



Journaling Activity



Think about a moment in your life that has shaped you to be who you are today. An example might be a pivotal experience for you regarding one or more aspects of your identity.

- ▶ How does this experience relate to who you are in this society?
- ▶ How did you manage the challenges of this experience?
- ▶ Who helped you with the challenges of this experience? If no one helped you at the time, who do you wish had helped you?
- ▶ What impact does this experience have on you now?
- ▶ How did this experience shape you to be a leader? If you don't feel like a leader yet, think about how the experience may contribute to your leadership skills in the future.

Compassionate Listening

Heart-Centered Meditation

Elements of Compassionate Listening

- ▶ Listen from your heart (not your head)
- ▶ Release any judgments that come up
- ▶ Be sensitive and caring with the person sharing their experience
- ▶ Be validating and supportive
- ▶ Maintain good eye contact (cultural factors)
- ▶ Be sincere and honor each others' vulnerability
- ▶ Thank the person with genuine acceptance



Tell Your Story

Volunteers:

Step Up to the Mic!



Small Group Discussion

Volunteer Facilitator asks each person to share:

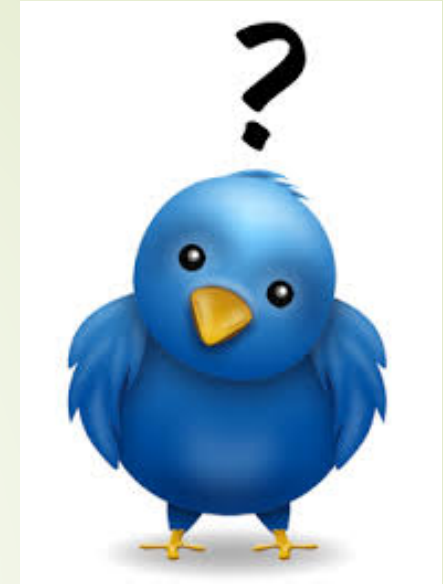
- ▶ Name 3 things unique to your experience or identity
- ▶ How does your unique experience contribute to your leadership skills?
- ▶ What kind of leader are you?



Debrief

Reflections

- ▶ What did you learn about yourselves and others?
- ▶ Any challenges in sharing, facilitating, or listening?
- ▶ Anything you want to practice more to become a good leader?
- ▶ Other thoughts or questions that came up?



Importance of Self-Care for Leaders



Reach Out for Support

Participate in Self-Care Programs



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LGBTQIA RC: M, Th

WRRRC: Tu, W, F

Drop-In Consultation Hours:

Tu: 1-2PM, LGBTQIA RC

W: 1-2PM, WRRRC

Mindful Mondays:

3rd Monday of each month 4:15-5PM, LGBTQIA RC

Sex Talk Tuesdays

2nd Tuesday of each month, 2-3PM, WRRRC RBL

Creative Circles:

1st Wednesday of each month 3:15-5PM, WRRRC
Conference Room