This Is My Story: Finding Leadership In Your Own Voice

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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
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

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LGBTQIA RC: M, Th
WRRC: Tu, W, F

Drop-In Consultation Hours:
Tu: 1-2PM, LGBTQIA RC
W: 1-2PM, WRRC

Participate in Self-Care Programs

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

Sex Talk Tuesdays
2nd Tuesday of each month, 2-3PM, WRRC RBL

Creative Circles:
1st Wednesday of each month 3:15-5PM, WRRC Conference Room