

Chapter/Division Leadership

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It's that time of year again when you hear from the nominating committee from your chapter or division asking you to consider running for an office this year. You hear this over and over again and you just don't have time, or you've been there, done that. This is also the time of year when the chapter/division leaders start looking for committee leads; again, you are too busy with work, or family, or studies, etc.

Let's take a look at what you can do. Do you have one lunch break during the week that you could give up to work on IAAP items for your chapter or division? Could you get up 15 minutes early or stay up 15 minutes later at night to do one IAAP item. Do you have maybe 30 minutes on the weekend when you could do one item for IAAP? Plan your days in advance and carve out 15, 30 or 45 minutes where you could work on an IAAP role or committee work. If you break roles/committees, etc into small units of time, we all can help our chapters and divisions grow. Leadership is teamwork!

Do you want to grow in your ability to lead? Do you want more experience to assist you in roles at work; IAAP can provide this for you through leadership opportunities. Do you want to make an impact at work; skills you learn through leadership positions can help you with that.

One of my favorite authors is John C. Maxwell and my favorite of his books is "Becoming a Person of Influence". He talks about who we can positively impact the lives of others. Everyone has influence – it's how you use the ability to influence that matters. Leadership will give you the opportunity to become a "Person of Influence".

When I joined IAAP 12 years ago, I got involved right away, one – because I'm the type to get involved right away and two – knowing it's the best way to get to know both the people and the organization the quickest. Did I see myself on the international board back when I joined? No way, I just wanted to get involved. But the more I did, the more I was up front speaking to the chapter, the more self-confident I became and as my confidence grew I wanted to challenge myself with different opportunities. My taking the opportunity to expand beyond my box translated into more confidence in the rest of my life. Three years ago, I was asked by the corporate office to step up into the executive assistant role from my role in patient and family education. Had this same offer come to me when I first started in IAAP, I would not have been prepared, or had the confidence to step up and accept this new role. I truly believe in the quote below:

"One's philosophy is not best expressed in words; it's expressed in the choices one makes. In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our responsibility." – Eleanor Roosevelt.

It is all of our responsibility as a member of the chapter or division to ensure that we succeed. If we all do a small part, the tasks are manageable and achievable. Accepting responsibility and becoming involved in leadership will lead to confidence, self-control, and trust which will transfer over to your roles at work and at home.

Make this year, your year of opportunity. I challenge each and every one of you to step outside your comfort zone, challenge yourself, become part of your chapter team or division team in a small way or a large way, but do it.....you will be amazed at what you can achieve.