Being Professionally Fit: Living a Lifestyle of Learning

Chip Fulghum
Deputy Under Secretary for Management
don’t wait until it’s too late
GO GREEN!
“Only when the right personnel for the job are on board and are provided the right training tools, structure, incentives, and responsibilities is operational success possible” (p. 46, GAO Green Book).
CHOOSE IT

…it’s easy, right?
Lifestyle of Learning

New Year’s Resolutions: 2016

1. Lose weight     still
2. Get fit         next year
3. Give up alcohol just drink less
4. Stand up to boss Find a job
5. Be nicer to my wife
6. Sort out junk in shed life

2017
2018
New Year’s Resolutions

✓ Lose weight
✓ Get fit
✓ Give up alcohol
✓ Stand up to boss
✓ Be nicer to my wife
✓ Sort out junk in shed
Personal Fitness

Grapefruit Diet
Lemonade Diet
3 Day Diet
3 Day Tuna Diet
Banana Diet
Cabbage Soup Diet
Dash Diet
Zone Diet
Alkaline Diet
Baby Food Diet
The Cookie Diet
Five Bite Diet
Sleeping Beauty Diet
HCG Diet
3 Day Fast
Volumetrics
Low Carb
Low Fat
Fruit Flush
The Werewolf Diet
Fat Free
South Beach
Raw Food Diet
Blood Type Diet
The Tapeworm Diet
Commitment

YEAH, I'M INTO FITNESS

Level of Commitment

Wish – Hope – Like – Try – Want – Commit

Low Level

FITNESS WHOLE PIZZA IN MY MOUTH

High Level

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Professional Fitness

CHOOSE IT

PLAN IT

EXCELLENCE – TEAMWORK – ACCOUNTABILITY – INTEGRITY – LEADERSHIP
Professional Fitness

• Individual Development Plans (IDPs)
• Job #1 of a supervisor
• Assessment
• Competency-Based

YOU must own your professional development
Professional Fitness

CHOOSE IT

OWN IT

PLAN IT
What gets in the way?

 Owning it requires...discipline
EXCELLENCE – TEAMWORK – ACCOUNTABILITY – INTEGRITY – LEADERSHIP

Professional Fitness

CHOOSE IT

OWN IT

PLAN IT

PROVE IT
Measures of Success

What is your ‘Fitbit’ for professional fitness?
What do you value?
Questions?
Extreme Ownership by Jocko Willink and Leif Babin
FISH! by Stephen C. Lundin, Happy Paul, and John Christensen
Whale Done: The Power of Positive Relationships by Ken Blanchard, Thad Lacinak, Chuck Tompkins, and Jim Ballard
Radical Trust: How Today’s Great Leaders Convert People to Partners by Joe Healey
Tuesdays with Morrie by Mitch Albom
Training Camp: A Fable about Excellence? by Jon Gordon
The Servant by James C. Hunter
Reflections of a Servant Leader by General Al Flowers
It’s Your Ship: Management Techniques from the Best Damn Ship in the Navy by D Michael Abrashoff
Cracking the Code by Paul Azinger
Quiet Strength by Tony Dungy
Uncommon by Tony Dungy
Peaks and Valleys by Spencer Johnson
When Men Must Live by Kenneth B. Murphy and James T. Murphy
Toy Box Leadership by Ron Hunter Jr. and Michael E. Waddell
The No Complaining Rule by Jon Gordon
A Leaders Legacy by Jim Kouzes and Barry Posner
Leading with the Heart by Mike Krzyzewski
Wooden by John Wooden
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