

# The Roundtable

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March 5, 2020

## Leading? Or Following.

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sing her commanding voice and moving briskly, Danielle Abbott presented her Leadership ReNewal program at today's meeting. She gave us thoughts to consider if we have ever been hired or thrust into leadership roles and find ourselves asking 'What am I DOING here?'

**Tom Violette**, who introduced Ms. Abbott, described her work experience in retail, call centers and health care. "I love getting to know how you tick," Ms. Abbott said. "I want to help you get to where you want to go."



Her training sessions include time management, creating cultures of loyalty, inspiring coaching, goal setting for success, and motivating with mindfulness, meditation and self-care in the workplace.

One of her favorite training exercises is the mind shift. The "fixed mind set" focuses on the measurable. The "growth mind set" is always growing. "Bring on the challenge! What can I learn?"

Ms. Abbott demonstrated the positive – and negative – messages we send to our selves and others. A

shifting mind set exercise can drive performance, both personal and professionally. **June Kontio** agreed to be the mind shift volunteer. Ms. Abbott asked June to hold her arms out and announce twenty times "I am weak and powerless." When she finished, Ms. Abbott pushed down on one of her outstretched arms. Then she asked June to say "I am strong and powerful!" twenty times. The arm test at the end revealed more strength. "You have to change what you tell yourself," Ms. Abbott said. "Shift your self-talk to positive."



She reminded us that time management takes energy and that she loves coaching. Several of us concurred with her observation that people need to hear things seven times before they absorb it or use it. Ms. Abbott will revisit a company or organization two weeks after a training session to remind attendees what they learned and how they can continue to best use it.

Information about Ms. Abbott's Leadership ReNewal program is at 207-992-7007 or [leadershiprenewal207.com](http://leadershiprenewal207.com).

## Sunshine!

Sunshine greeted arrivals at Rangeley Hall this morning, reminding us that next Thursday we will return to darkness as we begin Daylight Saving Time this weekend.

**Ken Huhn** distributed the list of sponsors or potential sponsors for the *All That Jazz* ad booklet. The deadline is soon; the program is March 26.

**President Ken Nagle** described the liaison between Rotary and Toastmasters International that provides public speaking and leadership training.

At the district conference last summer, Ken gave the governor a Spanish translation of the Rhoda Reads book that the Waterville club published. He learned about this literacy program while attending last year's district conference in Quebec. He thought it would be nice for the governor to have a Spanish translation since her district project involves helping low income in Guatemala.

The board will meet next week. **Caroline King** is prepping for her nascent club presidency. She distributed her squeaky new business cards - "President 2020-2021."

It just didn't sound right, so **Nancy Lamarre** took her accordion to a repairman who did a "root canal" on the instrument, patching a hole. She now bellows in style.

*Les Myers- March 5, 2020*



**I am strong!**