

The Courage to Go Together

***THREE QUESTIONS TO CHANGE HOW
YOU WORK, LIVE AND LEAD***

PRESENTED BY

Shola Richards
Founder & CEO, Go Together Global



“If you want to go fast, go alone.
If you want to go far, go together.”
UBUNTU

-AFRICAN PROVERB

70% of the global workforce say
that this has been the most
stressful 12 months of their lives,
and **78%** say that their mental
health has been affected.

-Oracle Corporation and Workplace Intelligence

1. Is it kind?

2. Is it true?

3. Is it necessary?



**Please take
responsibility for the
energy you bring into
this space.**

**Your words matter. Your behaviors
matter. Our patients and our teams
matter.**

**Take a slow, deep breath and make sure
your energy is in check before entering.**

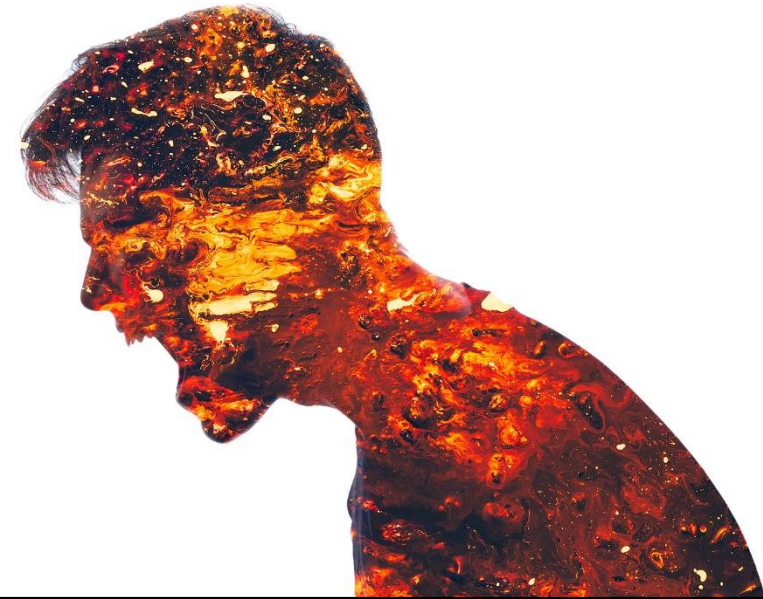
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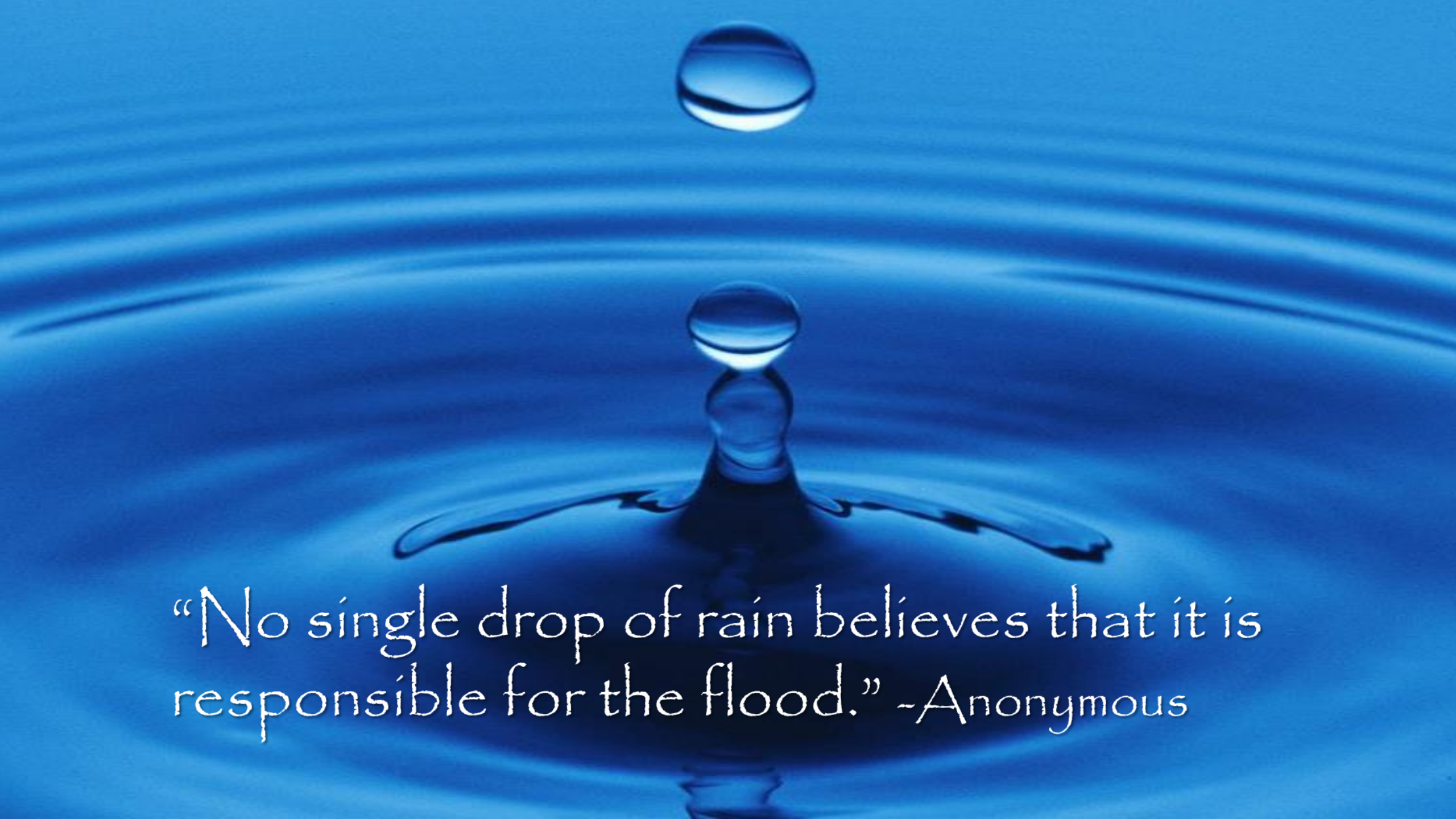


Indiana University Health

INCIVILITY IN ACTION

- ◆ Yelling or raising your voice
- ◆ Belittling a colleague, the work done by a colleague, or both
- ◆ Gaslighting someone after they have been targeted by a discriminatory comment
- ◆ Spreading rumors or gossiping about others
- ◆ Passive-aggressiveness
- ◆ Stealing (or “forgetting”) to share credit for a job well done
- ◆ Casting blame on others for your own mistakes
- ◆ Criticizing people in front of others
- ◆ Interrupting others, being dismissive or condescending





“No single drop of rain believes that it is responsible for the flood.” -Anonymous



QUOTE BY RAE SMITH
THE LOVE VS. UNSELF CHALLENGE FILM

LIFE
IS WAY
TOO SHORT
TO SPEND
ANOTHER DAY
AT WAR
WITH YOURSELF.

ACTIVELY PRACTICING SELF-KINDNESS

- ◆ Maintaining healthy boundaries (saying “No”)
- ◆ Removing yourself from toxic relationships
- ◆ Prioritizing rest and fully unplugging while on vacation
- ◆ Reducing (or eliminating) the time spent watching cable news or spent on social media
- ◆ Making healthy food choices and/or exercising
- ◆ Forgiving others (and yourself, if necessary)
- ◆ Asking for help and/or reaching out to a therapist
- ◆ Refusing to numb yourself and/or justify unhealthy behavior because of all of the good things that you’re doing for others

***TOUGH LOVE
SELF-CARE***



1. Is it kind?

2. Is it true?

3. Is it necessary?



TRUST

A bright sun is positioned in the upper right quadrant of the image, casting a strong glow across the sky. The sky is a vibrant blue, filled with soft, white, puffy clouds that are scattered throughout. The sun's rays are visible, creating a lens flare effect that adds to the overall brightness and warmth of the scene.

CONNECT TO YOUR HIGHER SELF

A bright sun is positioned in the upper right quadrant of the image, casting a strong glow across the sky. The sky is a vibrant blue, filled with numerous white, fluffy clouds of varying sizes. The sun's rays are visible, creating a lens flare effect that illuminates the surrounding clouds and sky. The overall atmosphere is bright and uplifting.

CONNECT TO YOUR HIRE SELF

COMMITMENT

**MEANS STAYING LOYAL TO
WHAT YOU SAID YOU WERE
GOING TO DO, LONG AFTER
THE MOOD YOU SAID IT IN
HAS LEFT YOU.**

PSYCHOLOGICAL SAFETY

“A belief that one will not be punished or humiliated for speaking up with ideas, questions, concerns or mistakes.”

-Amy Edmonson, Harvard Business School Professor



1. Is it kind?

2. Is it true?

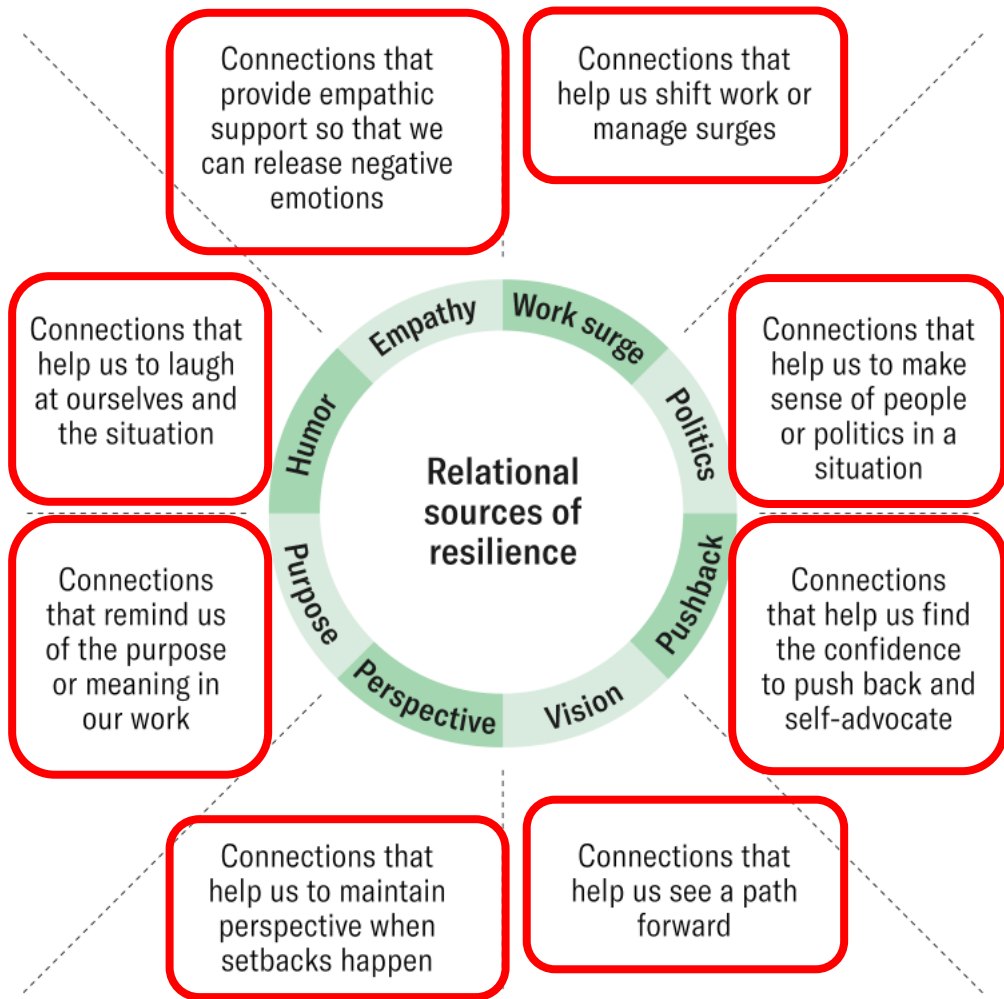
3. Is it necessary?



THE BUFFALO VS. THE COW



THE NECESSITY OF GOING TOGETHER



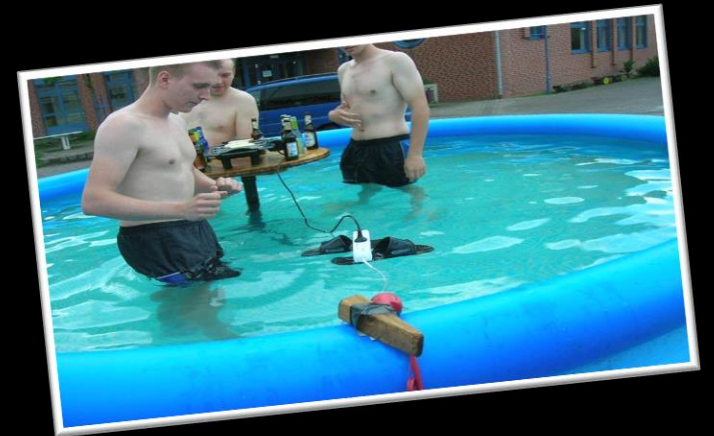
Source: Rob Cross, Karen Dillon and Danna Greenberg
HARVARD BUSINESS REVIEW



THE DUNNING-KRUGER EFFECT

75% of Americans believe that incivility has reached crisis levels in the United States

BUT...



94% of Americans believe that they are always or usually polite and respectful to others

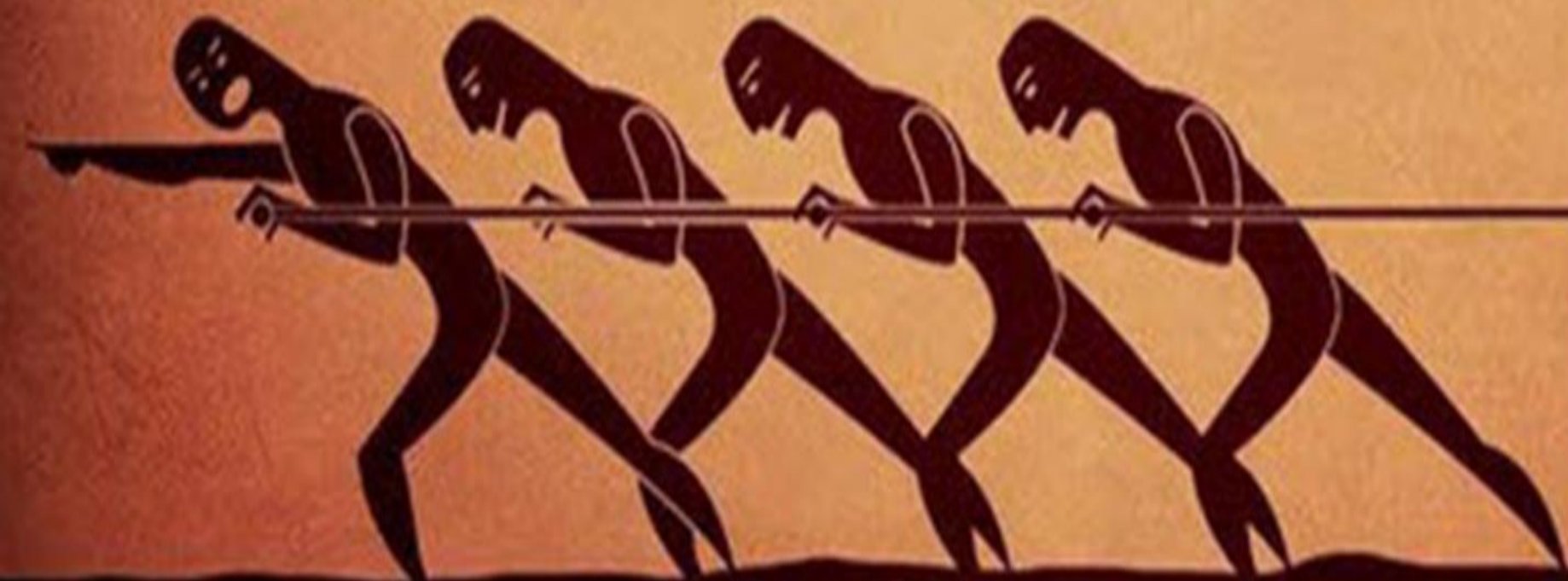
1. Is it kind?

“Yeah but...how can I stay focused on these three questions when work and life becomes really hard?”

3. Is it necessary?

JUST TODAY

LEADER



MISSION



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KEEP IN TOUCH!



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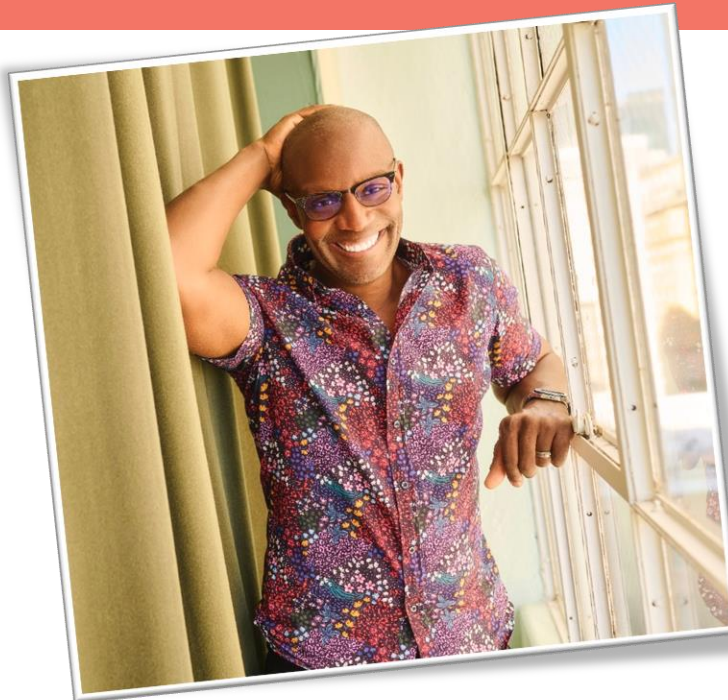
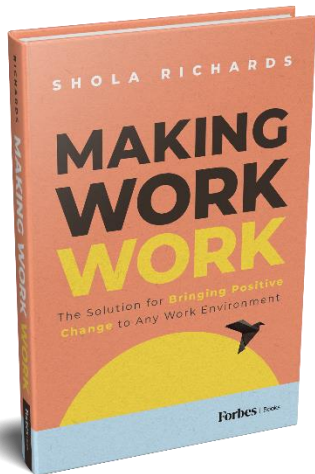


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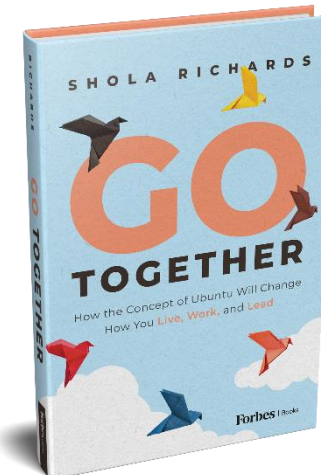


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MAKING WORK WORK



GO TOGETHER



 **SHOLA**
RICHARDS