

Leadership and Growth from a Coaching Perspective

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Are you...

feeling “stuck” or considering change,
taking on a new leadership role,
and/or interested in optimizing your
professional growth?

How might a coaching mindset
help us grow as
radiologists and leaders?

Five Coaching Superpowers



1 Stay curious

2 Listen to understand

3 Manage emotions

4 Look for a door to open

5 Empower & elevate others



Stay Curious

- What is going on?
- What is important about this?
- What are the possibilities?
- Which possibility should be prioritized?



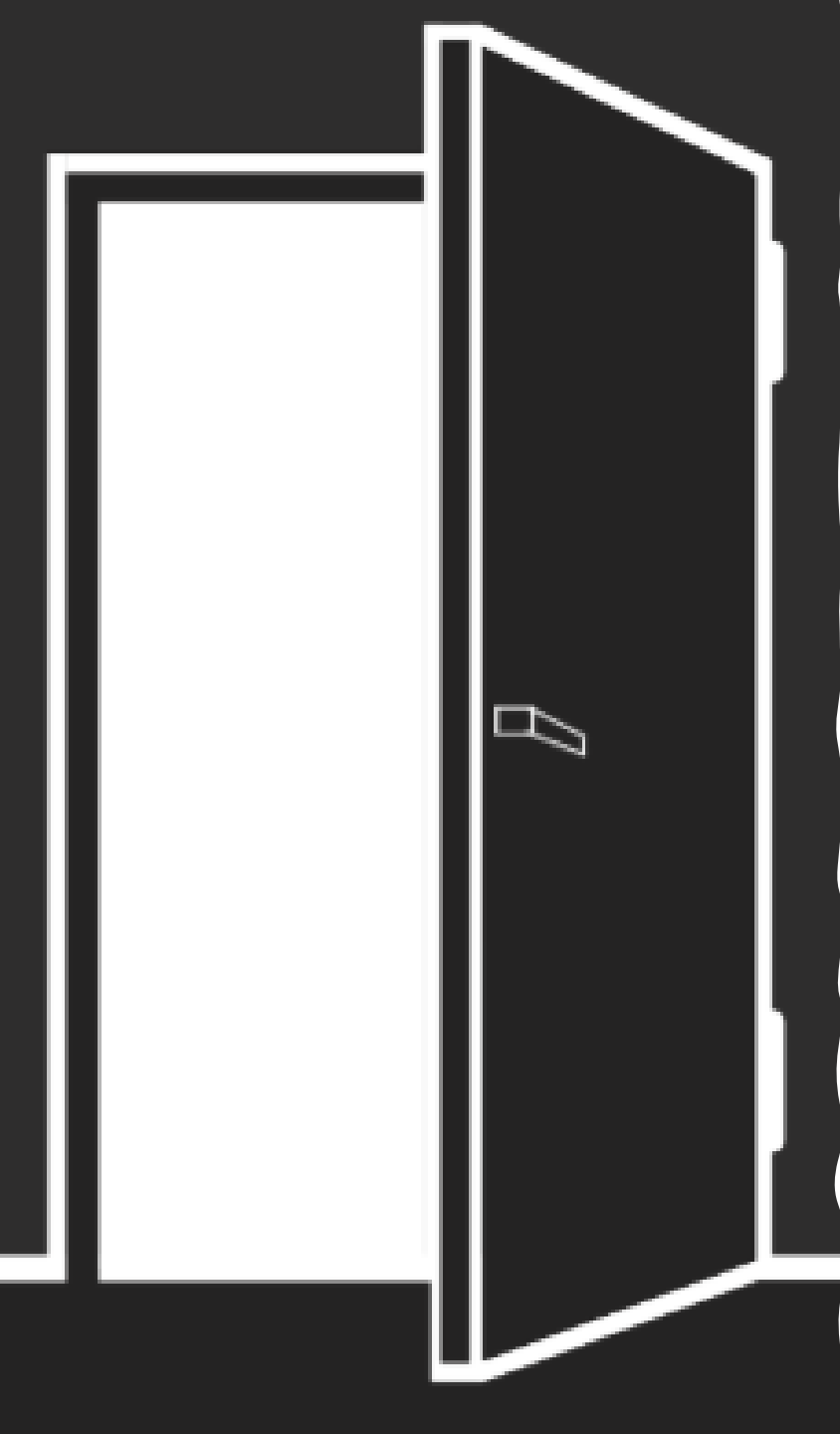
Listen to Understand

- Active listening “tell me more”
- Ask clarifying questions
- Paraphrase “What I am hearing is...”
- Contrast this with listening to reply



Manage Emotions

- Pause before responding
- Refrain from reacting impulsively
- Reframe your thoughts, assumptions
- Build emotional regulation



Look for a Door to Open

- When one door closes, another door opens. Look for it!
- A new beginning yet to be discovered
- Shift from ruminating to envisioning
- Courage to open the door → growth



Empower Others

- Mentorship, sponsorship, coaching
- Helps navigate obstacles
- Creates pathway for growth, success
- Builds a culture of empowerment

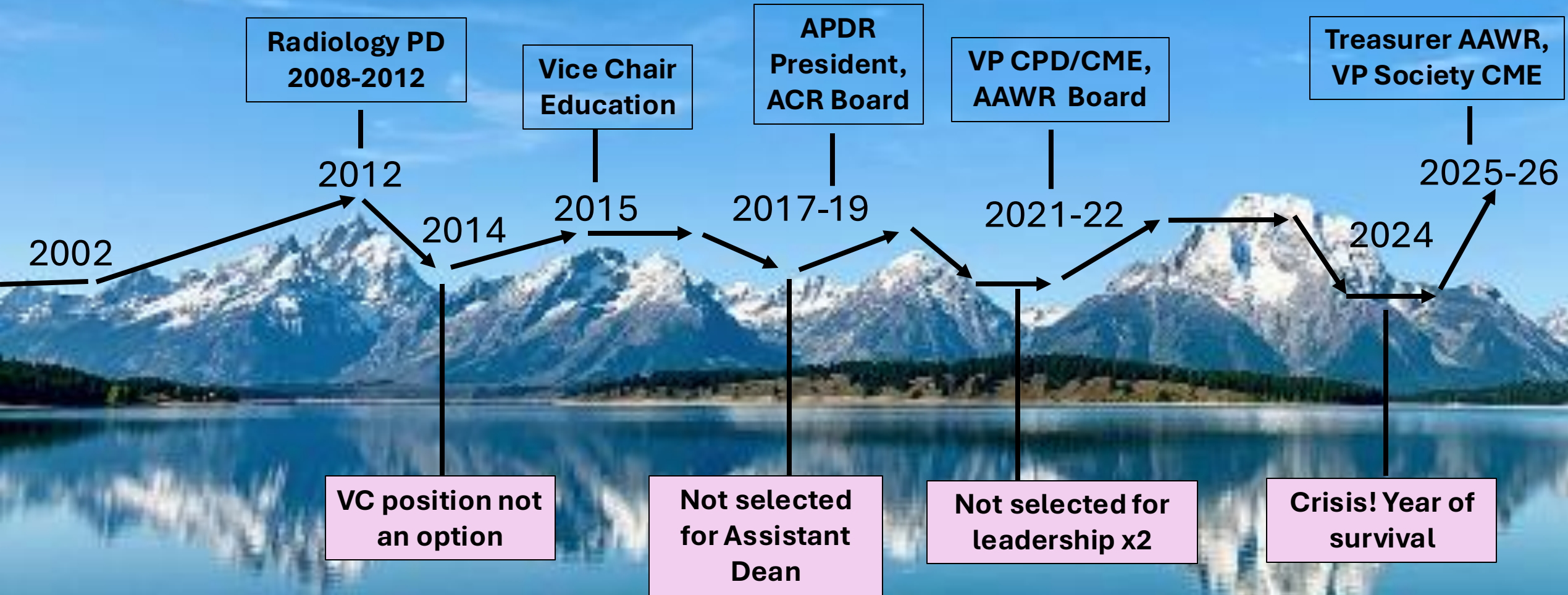
**What does a Radiology
Leadership Journey Look Like?**

Radiology Leadership Journey: point A to B



Start of
Academic Career

Radiology Leadership Journey: the real story



What advice would I give to
my younger self on...



- *Mindset: stay curious, adaptable
- *Highs and lows: reflect, learn, move forward
- *Overwhelm: reframe, prioritize core values
- *Emotions: acknowledge, validate, regulate
- *Communication: key skill for success, listen!
- *People: high priority, value them!

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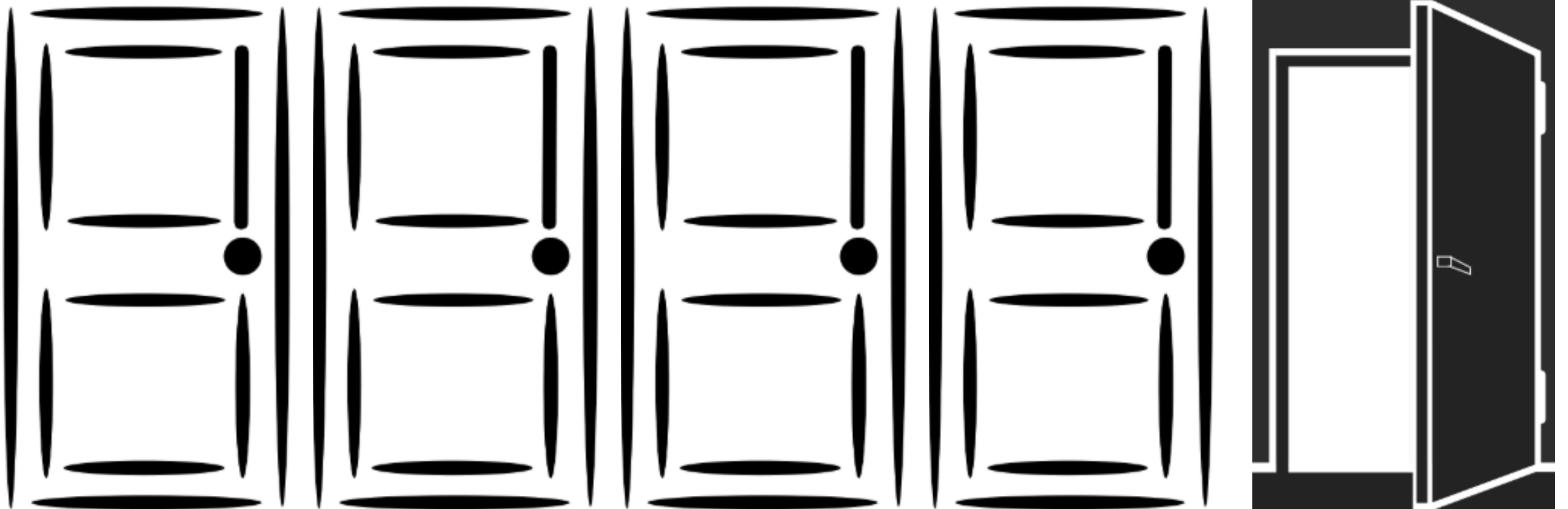
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Parting thought...

when one door closes another door opens; but we so often look so long and regretfully upon the closed door that we do not see the ones which open for us

~ Alexander Graham Bell



You are invited...

to **STAY CURIOUS** and
commit to one coaching
superpower to focus on this
week!

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