

Stick with it! - We will make it!!

As we all continue to adapt to new and more creative way of working, I am so inspired on our mentoring calls, at all the ways individuals and teams have stepped up as leaders. It is absolutely amazing how resilient folks have been and how much you have learned in what has become our 'new normality'.

You are all developing wisdom and insights and, most importantly, growing in awareness of who you are as a leader, what your values are, how you show up for your teams and for the families you serve. Kindness and understanding are high on your agenda as well as a determination to succeed.

"Tough times do not last, tough people do" stick with it!!

I am reminded of a quote I saw recently on the motivational wall of a CAMHS unit. Young people are asked to leave a comment to inspire others when they leave the unit. This one is so true.

'Life is tough AND so are you'

It got me thinking of the timeless wisdom from some of the greatest teachers of all time. Here are some thoughts to keep you going. Reflect on one each day, share them with your teams, make them the subject of team meetings, reflect and be inspired and continue to inspire each other. Take care and stay safe.

