

LIFT™ UW

Leadership Institute For Tomorrow at the University of Washington

Newsletter Fall Quarter 2006

Greetings! from the Sonoran Desert

“Compassion is not religious business, it is human business; it is not luxury, it is essential for our own peace and mental stability, it is essential for human survival.” ~Dali Lama

One of the primary purposes of LIFT is to help people connect with themselves and others in a way that creates compassion, hope and a rekindling of the human spirit so that we can contribute to the well being of others and ourselves. Noted psychologist Abraham Maslow observes that our greatest need as human beings is to transcend ourselves. At LIFT we know that it is in the service of others that we experience our greatest fulfillment.

The language in the above paragraph, while not typical in leadership education, is at the core of the LIFT curriculum. Kind, generous and courageous grad students and postdocs, who risk to lead with love in their research environment, will be the compelling leaders our future needs. There are all sorts of typical leadership tools and strategies that are useful, however, if we are not fluent in the language of relationships and the heart, then our leadership will always be incomplete.

Countless hours of behind-the-scenes work by your generous volunteer staff keep LIFT™ UW the prototype Institute for the Nation. This year, they are not only skillfully coordinating the monthly seminars, they are also developing the organizational infrastructure to help launch LIFT at additional schools. I can never say it enough—without the tireless and truly dedicated efforts of these leaders in your community, LIFT would only be a dream. Your LIFT staff makes it happen! It would mean a lot to me if you would thank them at every opportunity. They are the shoulders upon which LIFT and I stand—undispensable, imaginative and inspiring!

We are also excited this year because several students and postdocs are receiving their certificate as a LIFT Leader. This award distinguishes these LIFT graduates as they enter the next phase of their career.

As Thanksgiving approaches, I wish you and those important to you a sense of deep gratitude and joy for all the gifts in your lives. I'm grateful for LIFT and especially for the people it has and continues to bring into my life who bless me abundantly with their lives, their courage, their hearts, their minds and their friendship.

Happy Thanksgiving! ~ Chris 🌿

LIFT™ Vision

To awaken and nourish compassion in people and organizations so they design and implement the courageous solutions our world needs.

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Interview with Dr. Sheila Edwards Lange, Interim V.P. of Minority Affairs, Vice Provost of Diversity, Former LIFT™ UW Staff

Kareen: When you think of LIFT™ UW, what comes to mind?

Sheila: Training to be different kinds of leaders. It's interesting that I hadn't thought of it until now, but a lot of my vision for this office is about producing leaders that are different, and that's what LIFT is all about. Not just leaders who will be good scientists or engineers, but will be responsible citizens and loving leaders.

K: What was it about this office that made you realize that that's what you're doing here?

S: When I came in, I had to articulate to people outside campus why we still have an office of minority affairs and why is it's really important for us to have a structure that's dedicated to diversity. We want diversity in leadership, and colleges and universities are places where

LIFT™ UW Announcements

LIFT™ Leadership Discussion Group

Participants from our October workshop gathered to reflect, explore, and discuss the concepts learned in LIFT™ Leadership. Join us for the next discussion group after the WORLDS workshop (date/time TBA).

Upcoming Workshops

Nov 18, 2006 - WORLDS: The Importance of Understanding

Discover the practical and critical roles of listening and understanding in research, science, engineering, effective relationships, and conflict resolution.

Jan 20, 2007 - Communication Skills: Essential Tools for Success

Learn indispensable skills you need to excel in graduate school and beyond.

Register online at <http://students.washington.edu/liftuw>

Interview (from page 1)

leadership skills are honed. Students really have an opportunity to examine their own value system and morph that value system into how they want to be. This office is about developing leaders and providing them with the resources, skills and tools they need to be better leaders, so that when they leave here they are sensitive and caring people who are civically engaged. I want us to be producing a diversity of leaders who leave here and make us proud because they are engaged and giving back to their communities and they are genuine, caring human beings.

K: What is diversity? How do you define diversity?

S: Diversity is as broad as you can imagine. Race and ethnicity is just a small part of it and we started in 2001 broadening the definition of diversity: it's gender, sexuality, perspectives, abilities, religion, economics. We need to be able to talk about those differences in ways that don't lead to widespread war and conflict, and we can do that in the institution – in a place where it's safe to examine those differences. I think that religion is going to be the next socially disruptive issue, and maybe then we'll have as much discourse about religious diversity as we do about race and ethnicity.



"Between stimulus and response there is a space. In that space lies our power and our freedom to choose our response. In those responses lie our growth and happiness."
-Stephen Covey

K: What is one concept, quote, or thought that has stayed with you from LIFT?

S: Between every action and reaction... is the gap. It has stayed with me; and in this position, I have had a couple instances where my perspective on what has happened can really shape my response and my response really does shape the outcome.

K: What are you going to do to bring more love into the public discourse?

S: I have to apply for this job and one of the things I have to do is

write a vision statement for what I will bring to this job. I'm not sure that I'm bold enough to even talk about it in terms of love, but I do know that I need to talk about it and find ways to be more articulate about leadership that is more sensitive, leadership that is more open-minded, leadership that is more loving. 🌱

Retreat Summary

The LIFT™ UW staff gathered at the Bull Moose Lodge near Leavenworth, WA on the last weekend of July to plan for 2006-07 and enjoy the outdoors together. Having set dates for all six core workshops & Beyond the Podium, we talked about using the LIFT™ curriculum in our lives and our goals for outreach, sustainability, fundraising, and marketing.

Outreach

- Increase attendance by increasing the breadth of advertising
- Host discussion sections
- Recruit new staff members by creating opportunities to get to know people one-on-one

Sustainability

- Better define officer & staff roles
- Write a LIFT™ UW Manual
- Begin "Train the Trainer" sessions with Chris for staff development

Fundraising & Marketing

- Create a committee for fundraising
- Clearly articulate the goals of LIFT™
- Maintain up-to-date websites 🌱

Contact Us

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Workshop Review:

LIFT™ Leadership (Oct 28)

What a treat! Facilitated by LIFT™ Founder, Chris Loving, the workshop outlined the philosophical foundation of the LIFT™ curriculum. The day began by realizing that leaders who we admire have successful relationships and act out of love. These chapters outline how to become a loving leader:

- Important: What's important to you?
- Both/And: Our goal is to understand. Move away from dualism.
- Whole Person: Personal = professional; Maslow's hierarchy
- Leaders as Linguists: Select words carefully. Language → meaning.
- WORLDS: Reduce needless misunderstanding. Perception vs. truth.
- Leaders as Wounded Healers: Will you bring more healing today?

- Forgiveness: Accept imperfection.
- Leaders are Awake: Awareness.
- Observing Self: Bi-locate.
- Sometimes the Long Way Around is the Short Way Home: In the long run, to put off important conversations, can be a losing strategy. With so much emphasis on time, productivity, results, and deadlines, it is no wonder that we look for shortcuts to optimize our efforts. The problem is that when it comes to people, short cuts often cut things short. Just as it makes no sense to harvest a crop before we plant it, so, too, it makes no sense avoiding maintenance and nurturing of our professional and personal relationships and expecting them to thrive. When you say "I can't afford the time," please realize that you can't afford NOT to take the time and initiate that conversation. 🌱