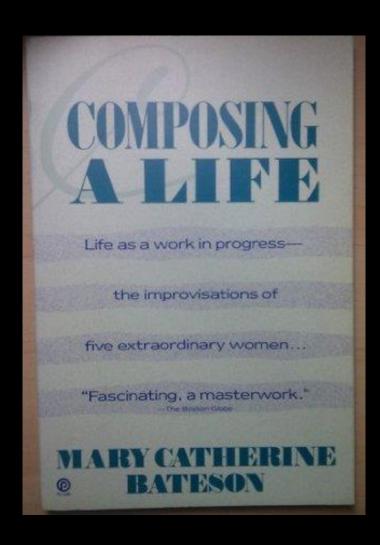
# "Composing a Career"

Colorado Medical Group Management Association Annual Fall Conference Denver, CO September 14-15, 2017

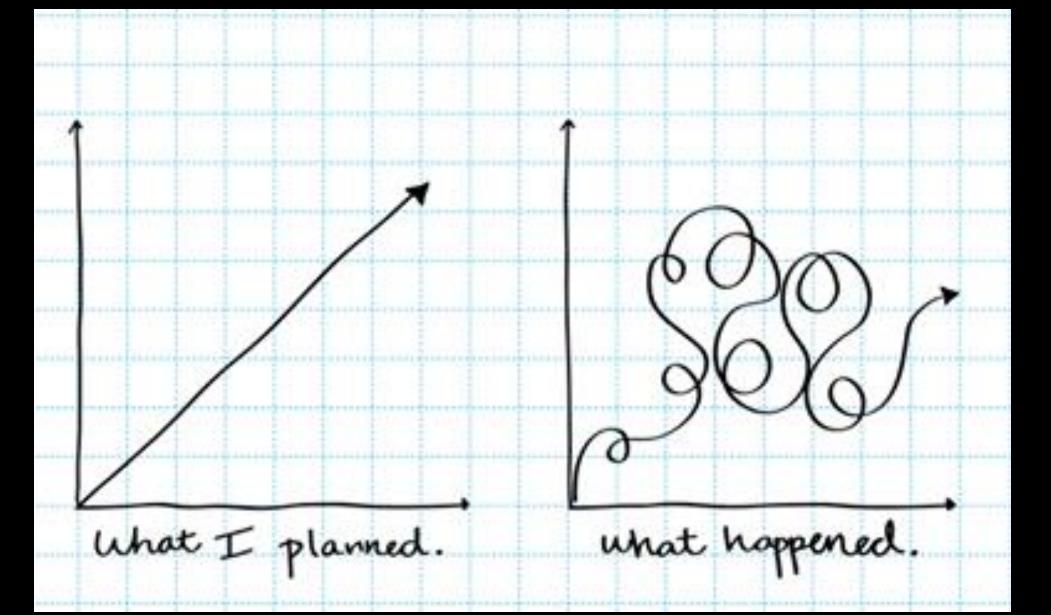
Jody Hereford, MS, BSN, RN, MINT

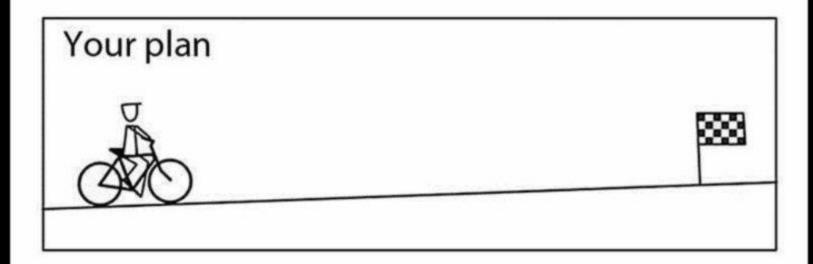


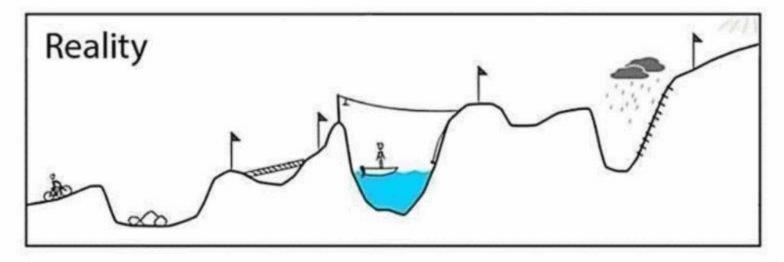
"We are not what we know, but what we are willing to learn."

-- Mary Catherine Bateson

What I planned.







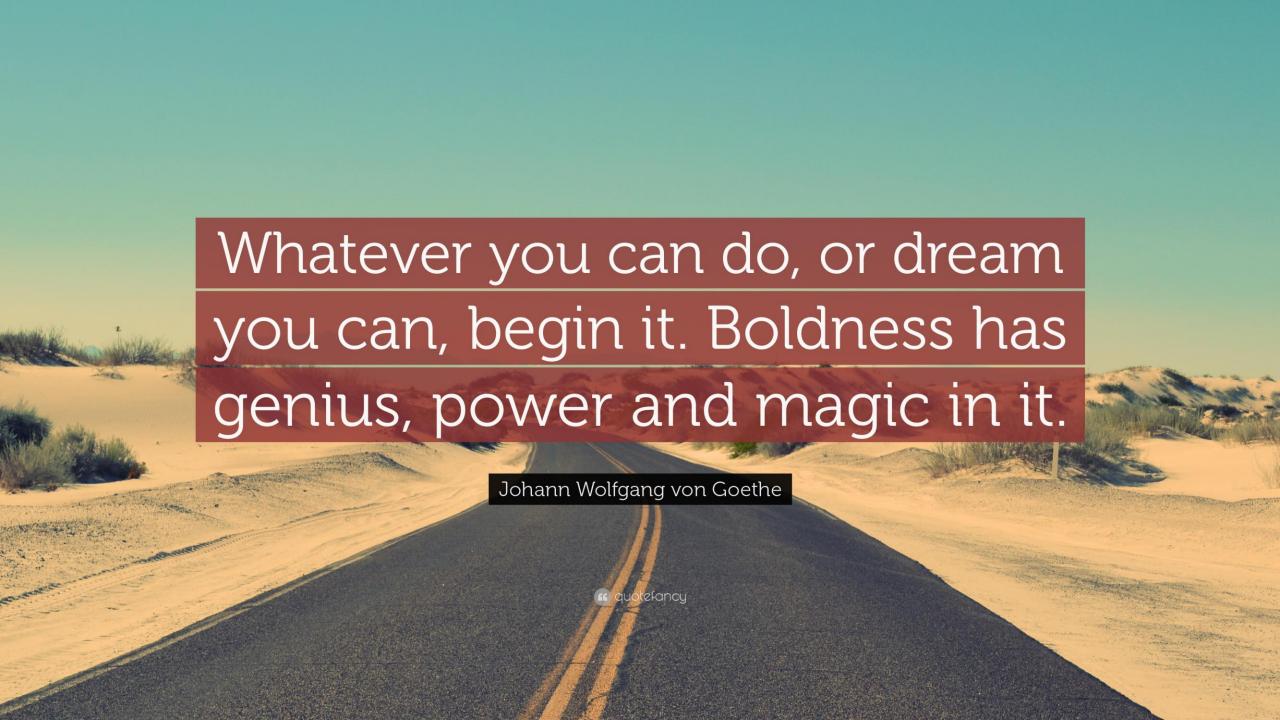
## FAIL

- First
- Attempt
- In
- Learning



Life is lived going forward, and is understood in looking back.

-- Soren Kierkegaard



# A conversation with ... Bonny L. Brill, CMRS

THANK YOU, BONNY!

# "Pearls"





Trust your gut. Get to know yourself. Who (not what) do you want to be?

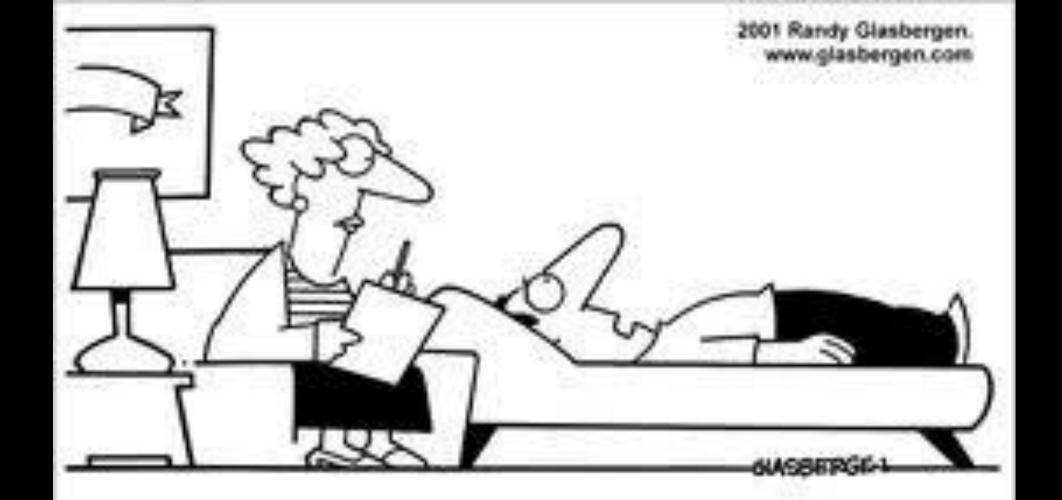
"The true test of a person's character is what s/he does
when no one is watching." -- John Wooden

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow know what you truly want to become."

Don't burn bridges.

You'll be surprised how many times you have to cross the same river.

Be aware to opportunities.



"Opportunity paged me, beeped me, linked me, e-mailed me, faxed me, and spammed me. But I was expecting it to knock!"

Find a mentor, be a mentor.

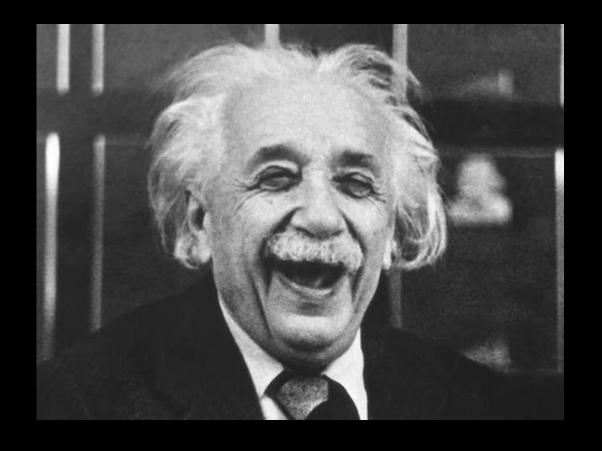
It's the **little** things that make a **big** difference.

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." -- Maya Angelou

Assemble your personal Board of Directors.

Colleagues, Collaborators, Thought Partners.

Learn to listen more, talk less. Ask more questions, have fewer answers.



The important thing is not to stop questioning. Never lose a holy curiosity.

- - Albert Einstein

Be intentional. You always have choices.

Value values.

Practice Gratitude. Learn to look for the good.

### A brief activity ...

"What's the best piece of advice that you've ever given, or been given?"

"What has surprised you the most about your career journey to date?"

"What would you say to your younger self?"



