

Customer: Add name here

Activity Name: Professional Development Activities

Activity Date: 7/1/19-6/30/19

Description: List all conferences, webinars, activities and/or books read (which should equate to least 40 hours during the reporting period)

What I personally learned (not what was taught or said): This past year has been a productive learning experience for me as I continue my commitment to professional development and lifelong learning. Three experiences left important lessons for me or inspired me during the past year. My experience in the Public Executive Leadership Academy (PELA) at UNC, Daniel Pink's keynote on timing during the ICMA conference in Maryland, and my state managers' association's "Preventing Suicides for First Responders" session presented during the winter conference.

The PELA program is focused on developing community leadership skills along with executive leadership skills. There were two sessions I found to be particularly useful during PELA, "The Local Government Imperative" by Bob O'Neill, retired city manager and ICMA Executive Director, and "Life, Work and the Pursuit of Balance" with George Manning, Professor of Psychology and Business at Northern Kentucky University. I have used Bob's lessons on the next big things in local government and 10 characteristics of great organizations to guide my team's performance and leadership development during the past year. George's lessons on being "flexible, wise and kind in supervising staff" has been a lesson I continue to use daily.

Daniel Pink's keynote at the annual ICMA conference in Maryland was very interesting and insightful for me. I was so intrigued with his research on timing that I read his book "When: The Scientific Secrets to Perfect Timing." Understanding my energy and focus levels has allowed me to rethink how I organize my days. I now try to complete my analytical more focused tasks in the morning and complete the more creative and routine tasks during the afternoons and evenings. I enjoyed the book so much that I shared it and its teaching with others.

Lastly, the session on "Preventing Suicides with First Responders" during winter conference was a valuable and important learning experience for me. I gained a better understanding on the mental health and stress related issues that first responders are experiencing in today's world and the need for additional support and services to assist them in times of crisis. This was such a powerful session for me that I took the idea of a more formal program back to our emergency services department and requested they implement a similar program.

Activity hours: 40 Required