

# **Building Capacity for Nursing and Midwifery Leadership in Africa**

Thinking Big as a Leader

Juliana Lunguzi-RN/M-MSN

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# **Lay Out**

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- The meaning.
- The power of thinking big
- 7-steps to help you think Big.
- **How to Develop the Habit of Thinking Big**
- **Some Barriers/Limiting HABITS to Thinking Big**
- **Common fears to thinking Big.**
- **How to develop the habit of thinking Big**
- **Nurse-Leaders thinking Big.**

# Thinking Big-----

## .....Its meaning

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- being able to dream and visualise what you can achieve on an audacious scale:
  - with no limits on your **thinking**.
- be ambitious.
- have plans to be very successful or powerful:
- doing things that involve a lot of people, money, effort, etc.
- to think about doing big
- It is about being open-minded, positive, creative and
- seeing opportunity in the **big** picture

# The Power of Thinking Big.

## ... 'Thinking big

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- ' means being able to dream and visualise what you can achieve on an audacious scale: with no limits on your **thinking**.
- It is about being open-minded, positive, creative and seeing opportunity in the **big** picture.

# What does it really mean to think big?

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- If you have something valuable in mind, a service to offer, an idea to develop, or even your own raw talent to use, then ***you owe it to yourself*** – and to others – to increase its scope. Why settle for anything less than the full potential of what you can do with it?

# **.....thinking big needs**

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- **Vision.....need to see big.**
- **Courage.....Nothing ventured, nothing gained.**
- **Thick skin..... If what you have in mind is at all worth doing, then others will express doubts about it along the way.**

# **Fact is.....**

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- when you have a strong enough vision, the courage takes care of itself.
- When you can see, hear, and feel your vision, then you simply *have to* pursue it, however crazy it might seem to others.

***If you suspect you've been thinking too small, here are seven tips to help you think bigger.***

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1. Remember **everything** starts small---remember Rome wasn't built in a day;
2. Think bigger by enlisting others....Rome wasn't built in a day; neither was it built by just one person. The biggest thinkers get **other** people to dream their dreams and enact their plans for them.
3. Think big by focussing on future regrets.....If you have big plans (or even not so big ones), just close your eyes – right now. Yes, right now! And strongly imagine **not** having even tried; never even having attempted properly and looking back in ten years' time and wondering: "What if..."

## **7-steps cted.....**

- 4) Feel it your human duty to think big.....When something is potentially a real service to mankind, then it is a human duty to think and act big.**
- 5. Now, more than ever, is big-thinking time...internet its about global thinking not only local...**
- 6) Create big thoughts....Unless you can clearly conceive great things for your enterprise, you won't get there.**
- 7. Use the "time machine exercise".....A warning: There is a danger of getting so taken up with fantasies of success that by the time it actually comes to taking the first steps, all the momentum is lost.**

# Think Big Quotes.....

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“Your comfort zone is a place where you keep yourself in a self-illusion and nothing can grow there but your potentiality can grow only when you can think and grow out of that zone.”

— Rashedur Ryan Rahman

- “Believe it can be done. When you believe something can be done, really believe, your mind will find the ways to do it. Believing a solution paves the way to solution.”

— David J. Schwartz,

# Thinking Big-----

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- **It All Begins with a Single Thought...**if cultivated
  - grows over time into the empowering habit of **thinking big** that eventually takes over this person's psychology,
  - It propels them towards the achievement of their goals and objectives.
- however, keep in mind that over years this single thought
  - is analyzed,
  - criticized and
  - condemned by others.

# **People believe that this thought is**

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- impossible,; improbable and undeniably unimaginable; unorthodox and bordering on crazy.

**Therefore-----And so this single thought must overcome**

- great obstacles,
- setbacks,
- problems, and difficulties before it can realize its full potential.

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- After all, this single thought understands that in order to grow BIG and expand, that it must accept the harsh realities of life and respond by growing long and strong roots that will support its tremendous weight as it stretches towards the sky. Yes, this single thought knows very well indeed that to think big, is to do big.

# **How to Develop the Habit of Thinking Big**

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- Analogy of of a single snowflake falling from the night sky. By itself, it has no hope of changing the world. However, this single snowflake has BIG ambitions and BIGGER ideas; it gets
- It grows... BIGGER and STRONGER. ....eventually develops into a Rampaging Avalanche

# **First... step towards becoming a big thinker**

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- Daily tasks, projects, and objectives.
- Your contributions to the world and others.
- Your capacity to think creatively and outside the box.
- Your capacity to think problematically, think critically and flexibly.
- Your capacity to provide value to others.
- Your capacity to overcome any obstacle and challenge that is thrown your way.
- Your capacity to stretch your imagination and the possibilities of your current circumstances.
- Your life's purpose and goals.

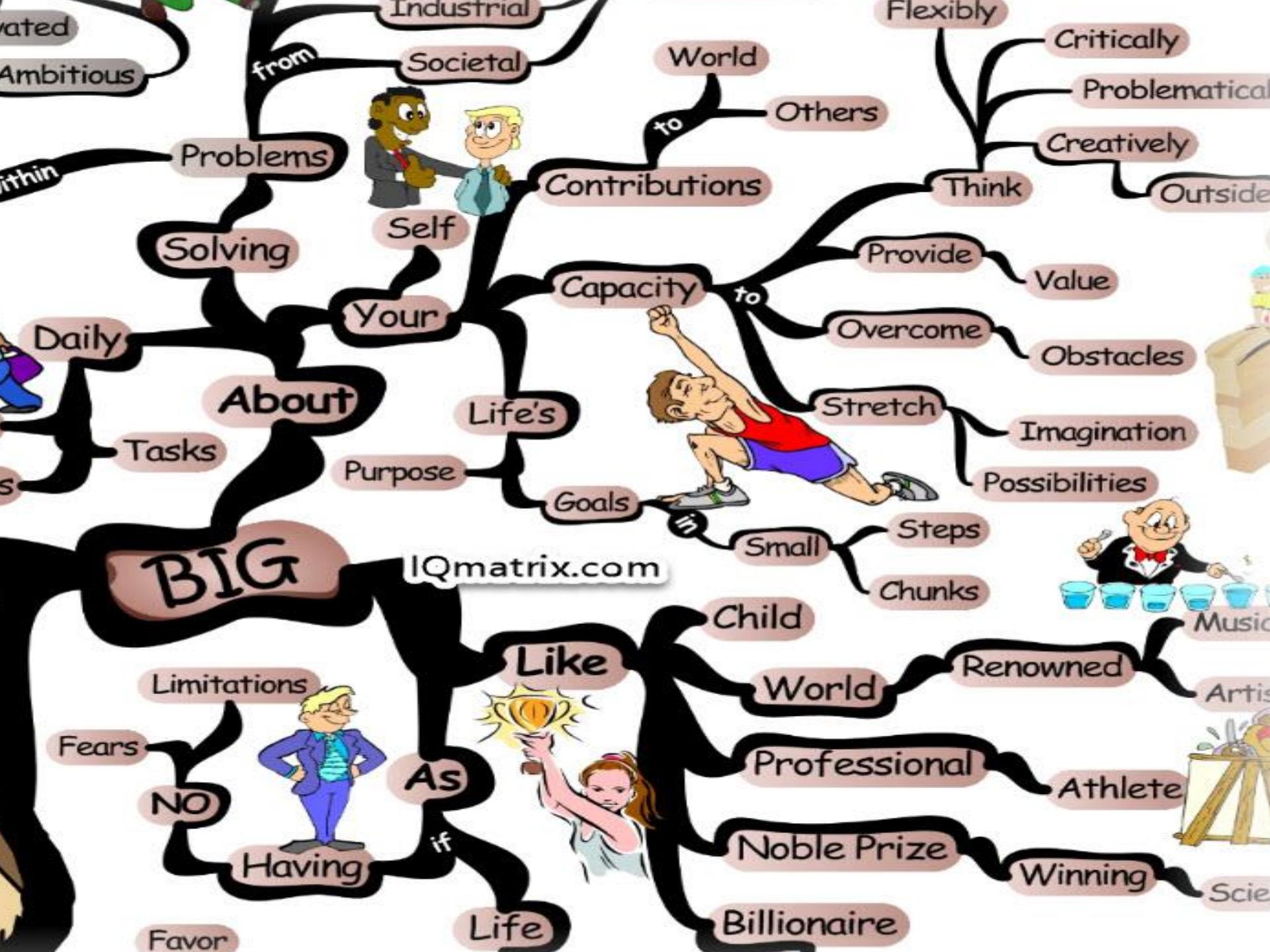
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*..... You must think big without any reservations and without any hesitation in order to contribute more, learn more, become more and stretch yourself and your own abilities beyond their current psychological limitations.....*

# **...see things a little BIGGER, better and far more creatively....HOW???**

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- A child who has a curious nature and only sees possibilities in amidst turmoil.
- A world-renowned musician or artist who has an uncanny ability to create something out of nothing.
- A professional athlete who has the will to persist and overcome any obstacle standing in their way.
- A noble prize-winning scientist who meticulously works through BIG problems in small ways.
- A Billionaire entrepreneur who knows no limitations in thought or action.



## **.....Some Barriers/Limiting HABITS to Thinking Big**

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- **Procrastination** holds you back and pulls you away from moving forward in your life.
- **Short-term thinking** denies ability to see solutions ahead.
- **Negative thinking** prevents you seeing things that are possible to do now and in the future.
- **Making excuses**-EXCUSITIS..... focuses you on what you don't want to do, be, have and achieve.
- **Solving insignificant problems** distracts you from what's most important and from the BIGGER picture.
- **Over-analyzing things** waste time and energy on small matters that are of little significance.

- **Seeking perfection** forces you to dabble in things over and over again in an attempt to achieve the impossible.
- **Peer Judgment and Criticism**
- People judge what they don't understand or can't comprehend.
- **People will always judge, criticize, condemn and complain. It's just a natural part of human nature. However, this is not a barrier to thinking big unless you make it so.**

# Common Fears

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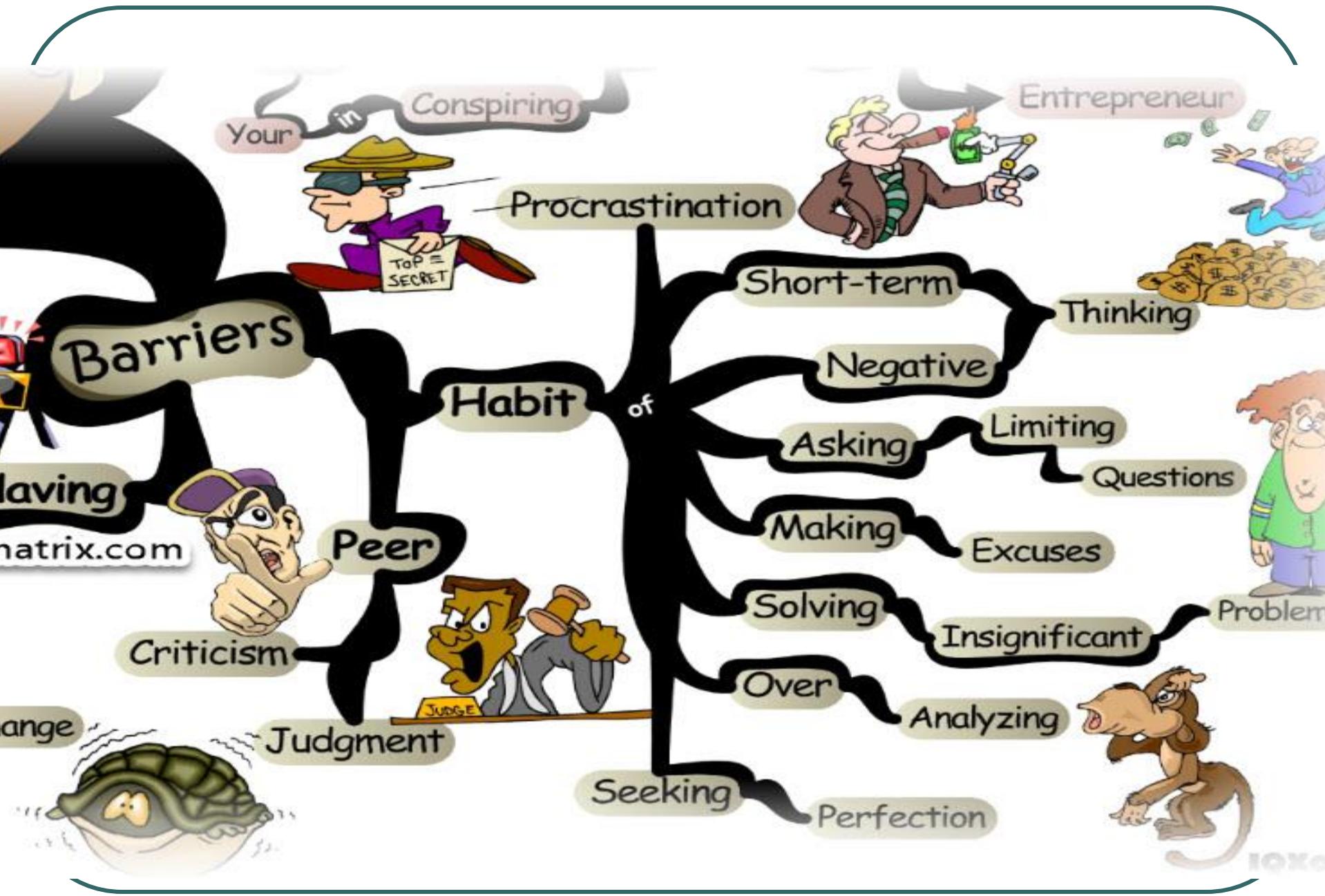
- Our fears of change success and failure can make thinking big very difficult to do. We worry about what lies in the future, we stress about not getting things right, and we concern ourselves with worst-case scenarios. These fears constrict us and coil us into a ball of small thoughts, decisions, and actions — effectively warding off the habit of thinking big.
- ***Life is about making mistakes, it's about taking chances, and it's about thinking big about your life and circumstances.***

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- *A year from now, when you are sitting in your rocking chair at 100 years of age — you sit there with a smile on your face, having no regrets. Yes, life might not have gone exactly the way you imagined, but you smile because you thought big, took chances and enjoyed the journey. And that's what life is really all about, isn't it?*

# More Fears-Having no time of Incentives

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- When you are pressed for time you begin thinking small and only about things in the immediate future.
- Thinking big requires time, it requires dedicated attention and self-discipline that forces you to spread your horizons and open your mind to new possibilities and ideas. If you simply can't find the time to think big then you will always live small.
- If you live life without any incentives, then there will simply be no motivation to stretch yourself emotionally or physically. Without motivation, you will think small and neglect the BIGGER picture.



# How to develop the habit to think Big.

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- **Cultivation is the Key**...thinking big consistently and effortlessly will come over time.
- ***Empowering Language***....The language you use on a daily basis is simply a reflection of your thoughts. ....**THE LANGUAGE YOU USE CREATES THE REALITY**...If your words are riddled with complaining, worrying and criticizing your life circumstances, then you can expect that your life will undoubtedly be a direct reflection of these words. If on the other hand, you begin using empowering words and phrases that are focused on solutions, ideas and on expanding possibilities, then your life will also be a reflection of this type of language.

# **How created.....**

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- ***Big Ideas, Plans, and Goals.....***....don't settle for safety. ... expand your comfort zone, push your limits and stretch your imagination
- ***Forward Thinking.....***Thinking big requires forward thinking....think several steps ahead, several moves in advance and several years into the future.
- ***Solution Oriented Thinking....*** break down the problematic walls.
- ***Indispensable Qualities....***
- include passion, courage, optimism, persistence, discipline, and enthusiasm.

# **How it's done....**

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- ***Unshakable Belief....***Thinking big requires a set of **unshakable beliefs** that magically convince you that whatever you can conceptualize in your mind, you can realize in the physical world. Hence you must believe that...
  - **When I envision it, I believe it...**
  - **When I believe it, I do it...**
  - **When I do it, everything becomes possible...**

- **Relish Time for Thinking**
  - STOP and think proactively about solutions and ideas that could make their life easier and solve the problems confronting their reality.
- **Relish Opportunity to Solve BIG Problems**-BIG thinkers love BIG problems and quickly turn them into BIG opportunities-Problems=puzzles that need to be pieced together with the right resources and ideas.
- the more often they piece these puzzles together the more proficient they will become at solving future unexpected problems that may rudely show up at the worst possible time.

# How ctes....

- **Challenge Weaknesses** Weaknesses are simply things that we have failed to address and consistently focus on over a lifetime= they are things that we have neglected — and what you don't use, you will lose. Therefore weaknesses should not be seen as limitations, but rather as **opportunities for change**.
- Those who cultivate the habit of thinking big understand that by challenging their weaknesses they naturally strengthen their ability to deal with the unexpected events and circumstances that life throws their way.

## **How does....**

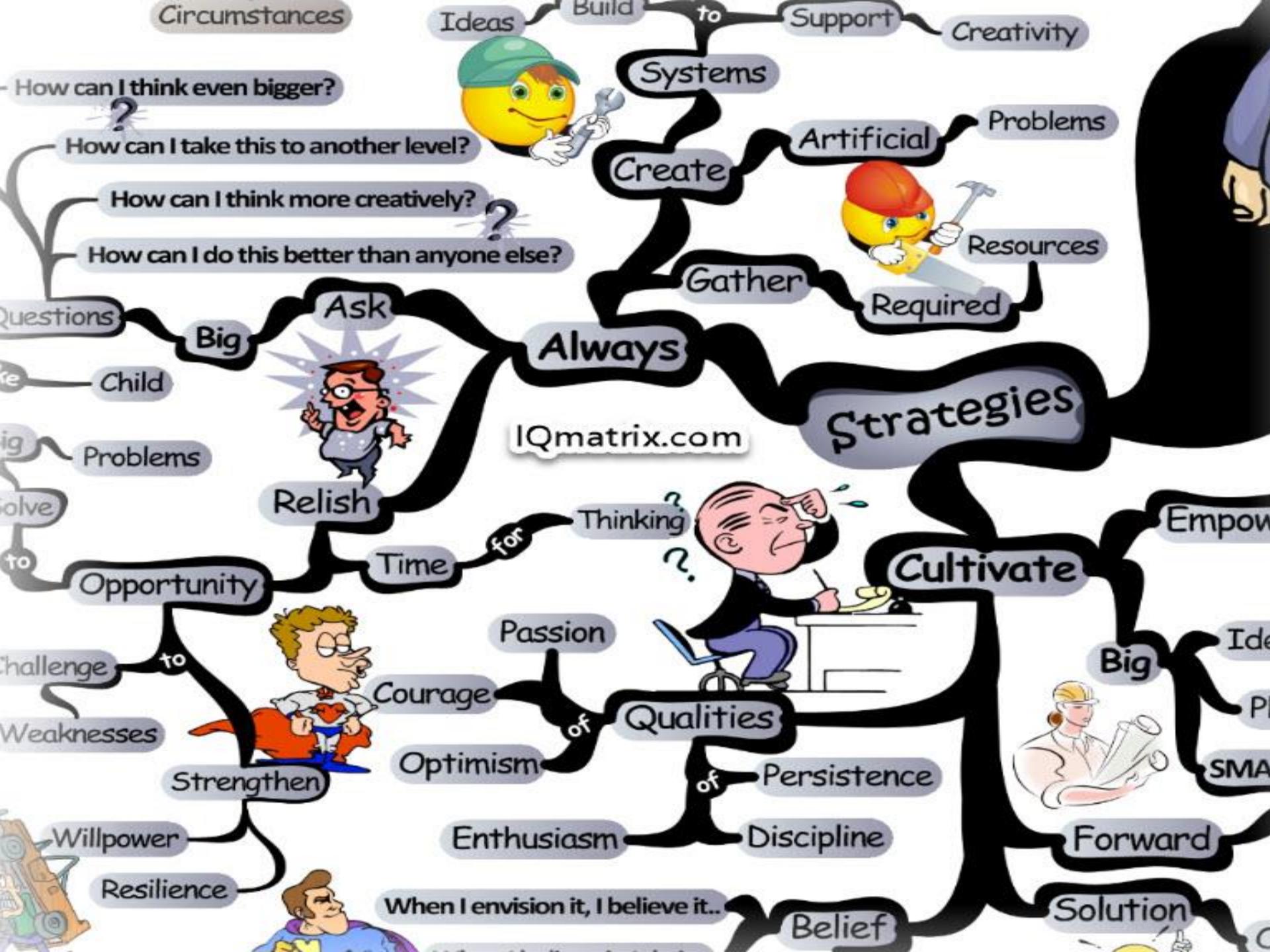
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- **Strengthen Willpower and Resilience**
- BIG goals and objectives are only achieved by those with the willpower and resilience to keep on moving forward when everyone else has stopped dead in their tracks. Those who think big clearly understand this, and they, therefore, strengthen their willpower and resilience on a daily basis even when performing the smallest of tasks.

# **Ask Big questions like a Child...**

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- Those who think big ask BIG questions consistently and persistently until the right answer comes to mind. They ask:
- How can I do this better than anyone else?
- How can I think more creatively about this?
- How can I take this to another level?
- How can I think even bigger?



# CONCLUDING THOUGHTS

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- It is reasonable to expect that big thinkers don't always realize their BIG Ideas. However, what they do realize is that life doesn't always get them what they want, but rather **what they need** — in the long-term — to help support the achievement of their BIGGEST goals and objectives.
- Likewise, they understand that thinking big is not something that just happens to us, nor is it an attitude about life. It's rather a state-of-mind that we must choose to cultivate on a daily basis that becomes our life's attitude over a lifetime.

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- “It does not matter where we come from or what we look like. If we recognize our abilities, are willing to learn and to use what we know in helping others, we will always have a place in the world.”
    - Ben Carson, Think Big: Unleashing Your Potential for Excellence

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- Think Big: Unleashing Your Potential for Excellence

# **AS NURSE/MIDWIFE LEADERS...**

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## **1. Nurse Managers and Nurse Administrators have a team mentality.**

- Leadership is all about big-picture thinking, and the big-picture always includes the team.
- **2. Good team leadership includes a healthy dose of confidence: in oneself and in others.**

# **AS NURSE/MIDWIFE LEADERS...**

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- **3. Communication skills are essential for nurse leaders to possess....**Listening, as we've already touched on, is the first key to communication.
- **4. Good nurse leaders are caring....**Caring isn't only for patients, but also caring for staff, and for oneself. The best working environments are those in which staff feel connected to leadership. This means that as a leader, you should be accommodating .....Taking the time to learn about staffs' families and celebrating successes when credit is deserved, is another way to appropriately show that you care.

# **AS NURSE/MIDWIFE LEADERS...**

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**5. Nurse leaders also muster up the courage to reflect.....**Nurses are trained to keep their emotions in check and perceive situations logically, however, this does not mean that nurses should ignore their sense of self-awareness. Great leaders in nursing are constantly reflecting, asking what they could improve upon, how they can make systems better, and which resources are available to help develop their skills. Accepting feedback from peers

- **6. If you want to become a leader in nursing, you'll need to devote yourself to a future of continued learning.**

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- .....We assumed seeing the big picture had to do with practical knowledge. Wonder and reasoning, however, brought us to virtues. Seeing the big picture as mentioned among nursing leaders and clinical nurses demonstrates human and professional pride. ....

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- .....THANK YOU.....