

## **Personal Leadership Purpose and Philosophy Statement**

by

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Leadership is the science and art of leading others toward a unified goal. A leader helps others grow and realize their full potential. My leadership purpose is to live an integrated life that blends my personal values with my professional endeavors, and I want to help others do the same. As a developing leader, I focus on solidifying, practicing, and reflecting upon my personal values, character strengths, professional guiding principles, and workplace behavior. Each aspect is essential to my being, and I try to live these truths to benefit myself and others.

My primary core values include ambition for familial prosperity, determination for career advancement, pursuit of growth-centered challenges, consistent learning, and accountability to myself and others. These are what is most important to me. My core values influence my decisions and actions and are bolstered by my character strengths. My character strengths include using humor for relationship building, confident judgment skills, spirituality rooted in my Christian faith, a hope-filled attitude, and an astute situational perspective. My character strengths allow me to live out my core values in various settings consistently.

I approach leadership with a growth mindset, acknowledging my weaknesses and areas for improvement. I implement a growth mindset daily to improve in these areas by utilizing feedback, embracing hard work, and seeking challenges. However, there will always be areas I will need help with, so I also ensure I surround myself with competent and team-oriented individuals. I am committed to leading teams comprised of diverse team members who are trustworthy, regularly engage in healthy debates, remain committed to organizational goals, hold one another accountable, and prioritize team results over individual wins. The team's success is my success, and I am here to support and empower them.

My guiding principles act as my north star daily, but especially during times of crisis and complexity. My guiding principles emphasize lifelong learning, interdisciplinary collaboration, accountability, passionate career engagement, and quality assurance for client satisfaction. First, I am a lifelong and self-directed learner because I love learning. This guiding principle has enabled me to expand my knowledge, skills, and abilities in the human performance field. Secondly, I am a proponent of interdisciplinary collaboration. High-performance teams work best when all individuals contribute their ideas and experiences toward a common goal. Facilitating and observing moments for interdisciplinary team members to exchange ideas and support one another is personally fulfilling.

Furthermore, accountability is my third guiding principle. I hold myself and my colleagues accountable for effective communication, high-quality products and services, and a positive attitude. I elicit accountability from others by providing feedback that is frequent, objective, immediate, and delivered supportively. My fourth guiding principle is passionate career engagement. I demonstrate my passion for human performance science in all aspects of my life, including attending conferences and business meetings and even enjoying dinner with my family

and friends. Everyone knows I love human performance science and desire the same passion from my interdisciplinary team. Passionate work leads to job satisfaction, professional advancement, and employee retention. I role model my career passion to help others find and sustain theirs.

My last guiding principle focuses on quality assurance for client satisfaction. The team exists to serve the client; therefore, quality assurance is essential. In the human performance field, evidence-based practice must be the cornerstone of everyone's practice. Evidence-based practice means each team member always considers the best research evidence available, their professional expertise, and the client's values and goals. Evidence-based practice, along with ethical considerations, transparent practices, mission-driven decision-making, and context intelligence, create interdisciplinary human performance teams that are well-prepared to deliver quality products and services.

My leadership style exemplifies my daily habits (or behavior). I practice a democratic style of leadership. My style combines autocratic and laissez-faire leadership by fostering high levels of member engagement and workplace satisfaction. I seek input from the team on decisions, promote shared ideas, mediate meaningful conversations, and ultimately make the final decision based on all viewpoints. My democratic leadership style leads to unified, valued, and empowered teams. These team members become interested in organizational decision-making and feel connected to team goals. I do not tolerate self-glorifying, apathetic, or disrespectful behavior. Everyone has something to offer, and I am here to listen and learn.

In the human performance field, I strive to inspire athletes to use food and nutrition to reach peak performance. My mission is to serve as a human performance leader and subject matter expert through athlete engagement, research, and volunteerism. However, my vision and mission require me to possess steadfast values, implement my character strengths, always consider my guiding principles, self-regulate daily behavior, and combine them all to lead others authentically. Leadership is a privilege, and I am grateful for opportunities to help others grow and realize their full potential.