

**Leadership Paducah Class 32**  
**Professional Development Day**  
**September 6, 2018**  
**By Natalie Broster**

We began our day at the Paducah Chamber Power in Partnership breakfast. Sandra introduced our class, Daniel Jones gave an update on the 2018 membership campaign, and Leon Owens shared more information about the upcoming trip to Washington DC. Everyone is looking forward to staying up to date on their experience as WPSD travels with our community leaders to DC. As a class, we are proud to report that one of our own classmates will be going with the group, Landee Bryant.

Jim Dudley, representative of the breakfast sponsor, KeeFORCE, introduced the speaker for the day, Mr. Kim Menke. Kim is Chair of the Advisory Board for the Kentucky Chamber Workforce Center and the regional government affairs director of Toyota Motor North America. He spoke about the power of partnerships and the movement towards employer led workforce systems. He also talked in depth about the problem of not enough technical workers needed to fill openings in the industry. New technology has created new jobs that didn't exist before. Kim talked about several programs that are being offered to help resolve this issue, including KY FAME, a program now available in 10 states. It's a learn and earn program that simulates a classroom *and* work environment. KY FAME also teaches soft skills, personal behavior skills, as well as the technical and manufacturing skills.

After the breakfast, we met at the Commerce Center to begin our day of professional development. We spent the first half of our day with Adrienne Gleeson, with Peel and Holland, who helped us dive into our top 5 strengths from the StrengthsFinder test. We participated in several activities that helped us learn more about our own strengths, and our classes mates' strengths. We shared as a group our top 5 and how they influenced each other as well as shared more deeply in small groups about talents and past experiences that may influence our top 5. Another small group activity helped us learn even more about our strengths as we discussed the challenges our strengths bring with them. Discussion about times we were blind to our strengths, times when our strengths threatened others, times where we were fearful to proclaim our strengths helped us dive even deeper into understanding and using our strengths.

Before we knew it, it was time for lunch! Our lunch sponsor was the Leadership Paducah Alumni Association and we were thrilled for the board members to join us for lunch!

After lunch, we enjoyed hearing from John A. Williams Sr., founder of CSI and chairman emeritus of their board. He spoke about leadership, condensing a typically two-hour class into one hour of time. He shared two wonderful quotes that truly hit home with me and made me open my eyes to the possibilities simply from being a good leader and not giving up:

“Whatever you vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon...must inevitably come to pass.” -Paul J. Meyer

“The common denominator of successful people is developing a habit of doing the things unsuccessful people do not like to do.” -Albert L. Gray

Mr. Williams referred to the first quote from Paul Meyer as “the most powerful motivating quote he’s seen in his entire life.”

Our second speaker of the afternoon was Terri Lundberg, CEO of Lundberg Medical Imaging. She spoke on the topic of time management. Just a few of the time management strategies she shared included setting a timer for tasks, getting organized, creating a morning ritual, decide what your MITs are (most important tasks) for the day, and batching similar tasks together.

She also shared great tips on how to avoid internal and external interruptions. A couple of my favorites include “threshold training” (training your brain to leave external distractions on the other side of your office door “threshold”), rearranging your office where your shoulder is to the door (less chance of people distracting you or speaking to you in the middle of a task). Terri also comically shared not being ashamed to wear earplugs.

Terri shared two personal development books for us to check out: “The Miracle Morning” and “Younger Next Year.”

Our final speakers of the day were Sandra Wilson and Darlene Mazzone – the professional public speaking “critiquers!” They shared some awesome do’s and don’ts to public speaking including the following:

- Do NOT read your opening!! You know who you are and how to say welcome!
- Don’t apologize in your speech for being a bad public speaker
- Don’t staple your notes – be able to discreetly maneuver through them
- Start strong but find a way to put people at ease (storytelling, humor)
- Move around the stage but don’t pace
- Know when to stop and know your audience
- Arrive to the location early to practice and test equipment, before that – practice in the mirror!
- Learn to use pauses correctly
- Practice not saying “uhh,” “well...,” and “you know”
- Be authentic, like you’re having a conversation with the audience
- Breathe and relax!
- Have a creative ending. Sandra doesn’t like “in conclusion,” but Darlene argues that it is okay to notify your audience that you’re wrapping up.

One last thing from their speech, we all learned from Sandra’s mom: “Put your lipstick on, put your shoulders back, and act like you know what you’re doing!”