Session THREE: RDML Yvette Davids: “Happiness, strengths, purpose, meaning ”



RADM Yvette Davids, SOUTHCOM SC-CC agreed to be our next guest mentor! Admiral Davids was an inspiration to me years ago when I was looking for other examples of mil-to-mil active duty parents who were making it work. She absolutely EXUDES JOY when talking about work while parenting her twin boys, and taking adventures with her husband, who is also an Admiral.

Start Time : Sept 11, 2020

Zoom link:

https://drive.google.com/file/d/1HFP2AEqRi3ck8t5myNyEQJATMEF1Nwvi/view?usp=sharing

References:

Take the 7 minutes or so to watch this video and enjoy the images that come to mind when you are at your most energized! (https://leanin.org/education/centered-leadership-part-1-meaning)

You can download the discussion guide here:https://cdn-media.leanin.org/circles/centered-leadership-part-1-meaning.pdf.

AUDIENCE SPOTLIGHT: Like the quote “like attracts like,” this past session I was super grateful to be re-connected with my lifelong ship-mate and dear friend Tami North, who was my room mate on USS Abraham Lincoln in 2002.

Tami is lightyears ahead of me, with her own podcast and website, encouraging women in leadership. I binge listened to FOUR episodes this weekend, and even took her recommended actions, as I get ready to report to my new billet this week! Check it out yourselves:

https://www.genuinedrivenwomen.com.

Summary:

Admiral Davids shared with us her reflections on fulfillment, passion, and energy transfer. She reminded us that life is short, and our time is gold. We can take on huge obstacles by looking at them with a new framework.

She told us about a book from the 1970's that had a huge impact on her by Richard Bach, "Illusions: The Adventures of a Reluctant Messiah," quoted here:

"Like attracts like. Just be who you are, calm and clear and bright. Automatically, as we shine who we are, asking ourselves every minute is this what I really want to do, doing it only when we answer yes, automatically that turns away those who have nothing to learn from who we are, and attracts those who do, and from whom we have to learn, as well."

We discussed "energy transfer" and ways we can be deliberate ahead of time about where and how we give and receive energy: the people, the activities, and the places we choose.

My biggest take-away from the conversation was the answer Admiral Davids gave to a question from the group at the end of the session. She offered tips she uses when she knows she is about to face an audience that doesn't have the same level of passion and energy that she has. This is a challenge I often face! She taught us how to dial it up and down, and how to read your audience. Powerful!