



The Healthcare
She Suite

Learn from HER

"Connecting the dots of our lives, especially the ones we would rather erase or skip over, requires equal parts self-love and curiosity."
—Brené Brown

This One's for the Girls

In 1975, Junko Tabei became the first woman to summit Mount Everest, leading an **all-female** Japanese expedition team. Just 12 days AFTER being rescued from an avalanche at 6,300 feet! She went on to become the first woman to summit the highest peaks on all seven continents!

The Healthcare She Suite Newsletter

Falling Into Leadership: Lessons from the Changing Season

As the leaves change, we're reminded that transformation is essential—not just in nature, but in leadership.

what fall teaches us

Letting go is growth. Just as trees shed their leaves, effective leaders know when to let go of old habits, processes, or fears that no longer serve the mission.

Preparation matters. Fall is nature's time to prepare for what's next. Strong leaders plan, equipping their teams for the challenges ahead. Reflection fuels renewal. Use this season to reflect on what you've accomplished—and what you'll carry forward into the new year.

And by letting go, we as leaders are building the muscle memory of resilience. Resilience makes us transformational leaders one leaf at a time.

**"The trees are about to show us how lovely it is to let things go."
-Unknown**

Leadership Corner

As temperatures begin to fall, you will likely find yourself turning on the heat in your car and in your home. Here's a fun fact - your car heater and your central heating units were BOTH invented by women. So the next time you need to warm up, remember to thank Margaret Wilcox and Alice Parker!

Sending Love to Our Guys

November is Men's Health Month. Here are some tips to support our allies

 **17** Book a check-up: This includes dental, optometry, and medical. As with much of health care, early detection saves lives!

 **Talk openly:** With a partner, friend, family member, or a professional, sharing feelings and seeking support matters!

 **Get moving:** Just 30 minutes of walking, weight-lifting, or playing a sport can boost body and mind!

 **Have their back:** Check in with the men in your life, friends, brothers, dads, and sons. Sometimes a simple chat can make a big difference and help someone take the first step toward getting help.

Unmasking Authentic Leadership

 Halloween isn't just about costumes—it's about authenticity. In healthcare leadership, authenticity builds trust, engagement, and psychological safety.

 This Fall, challenge yourself to be an Authentic Leader:

- ✓ Take off the "perfect leader" mask and lead with transparency: Vulnerability invites connection. Share lessons from your mistakes, be open about what you're learning—it's about progress and purpose, not perfection. 
- ✓ Create space for your team to show up as their real selves: Teams thrive when people feel safe to speak up and be seen. Celebrate individuality, listen without judgment, and encourage open dialogue—especially during times of stress or change. 
- ✓ Recognize that authenticity doesn't mean weakness—it means courage: It takes real strength to show up as you are, especially in a field where decisions carry weight. Authentic leaders build credibility not by being untouchable, but by being relatable and real. 

"Owning our story and loving ourselves through that process is the bravest thing we'll ever do."
-Brené Brown

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Times are Changing

 Spring forward, fall back — time changes are small reminders that even predictable shifts require leadership. 

In healthcare, "time change" isn't just about clocks. It's about transitions: new technology, policy updates, workforce shifts, and evolving patient needs. Great leaders anticipate disruptions, align teams quickly, and make pragmatic decisions that preserve safety and compassion. 

Three practical priorities when seasons (and systems) shift:

1. Communicate early and clearly: explain what's changing, why it matters, and how roles will adapt.
2. Prioritize patient safety and staff wellbeing: schedule adjustments, workload balance, and mental health resources reduce risk and burnout. 
3. Use transitions as opportunities: streamline workflows, accelerate the adoption of useful tech, and capture lessons to improve resilience. 

Healthcare leadership is less about avoiding change and more about shaping it so teams deliver consistent, high-quality care. This time change, let's lead with clarity, care, and a plan.

Until next time, keep leading,
keep inspiring, and keep
shaping the future of
healthcare.