

MYWINGMAN, LLC

Helping Leaders Design Legacies That Last © 2015
Business Leadership and Management Consulting

Our Essence

We Help Leaders Design Legacies That Last © 2015 through leader coaching, organizational planning, corporate training, legacy expression, and Government Contracting. We cultivate cultures of learning, growing, and developing leaders from within to sustain organizational longevity.

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Minority-Owned and Operated

Education:

- Doctor of Management in Organizational Leadership (DM)
 - Master of Strategic Studies (MSS)
 - Master of Business Administration (MBA)
 - Social/Behavioral Research Investigator (27613951)
 - CEO Certification
 - Board Member Certified
- mywingmanllc.com



Management Development

Management is about coping with complexity.
 Allow us to help you establish systems and processes that create usable tools for managers to become more efficient and effective.

Leadership Development

Leadership is about coping with change. **Coaching** helps develop, evaluate, and cultivate tomorrows leaders today by grounding, growing, grooming, and galvanizing leaders at all levels (**4GLD** (C) 2007).

Organizational Planning and Performance Management

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Government Contracting

Registered in the System for Awards Management (SAM)

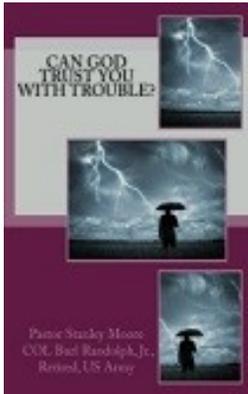
<u>Business Services</u>	<u>NAICS Codes</u>
Corporate Leadership and Management Training	611430
Performance Management and Appraisal Training	611710
Leadership and Executive Coaching	541618
Writing Services	711510, 561410
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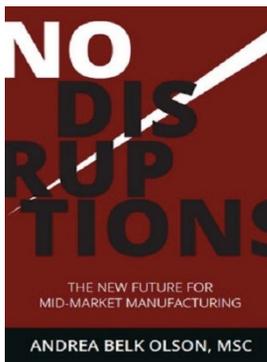
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MENTORSHIP: A JOINT PERSPECTIVE FROM A DEPLOYED ENVIRONMENT

BY

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A Master's Thesis

THE JOURNAL OF GLOBAL HEALTH CARE SYSTEMS

Changing Steps: A reflexive journey in transition

Bud 'Woody' Randolph, Jr*

Abstract

Introduction. Transition is a necessary and important event of life. The expected transition however can cause health concerns and even create great hardship for individuals, families, and organizations. Changing Steps is a reflexive journey to help to manage an unexpected transition, moving from war to civilian life.

Method. The combination of reflection, reflexivity, and managing oneself best describes a qualitative narrative research method. Reflection and reflexivity are normally not conceptualized as research methods, but narrative reflection practice may be the first principle in changing steps. Managing oneself and developing a plan for the second half of one's 20 year work life is the second article and how to change to progress through planned and unplanned transitions.

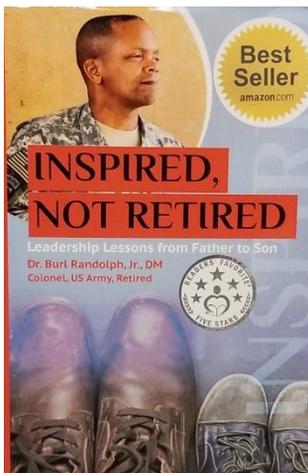
Results. The results of my journey on reflection and managing oneself is concluded. The final qualitative narrative study through the journey is nearly completed, it is also far from over. Through recognizing the need to change mental models I am developing to transition to transformational, the layers of the six steps provide a career for the transition when the journey ends.

Recommendation. Though transitioning a six step journey, Changing Steps is a step process of stepping through changing mental models and layers of leadership. Changing Steps is the answer to change mental models in an effort to maintain layers of Leadership from Military to Corporate to Family, the hoped for change of Leadership.

Keywords: Change, leadership, retirement, transition

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Author, Personal Narrative



"An inspirational memoir." Vernita N. Readers' Favorite

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"Essential for current and aspiring leaders" Vicki W, Verified Amazon Customer

"Inspired for sure!" Verified Amazon Customer

"Real life examples illustrate leadership best practices" Melissa

"A book of great lessons" TML, Verified Amazon Customer

"Useful to parents in addition to aspiring leaders!" Verified Amazon Customer

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