



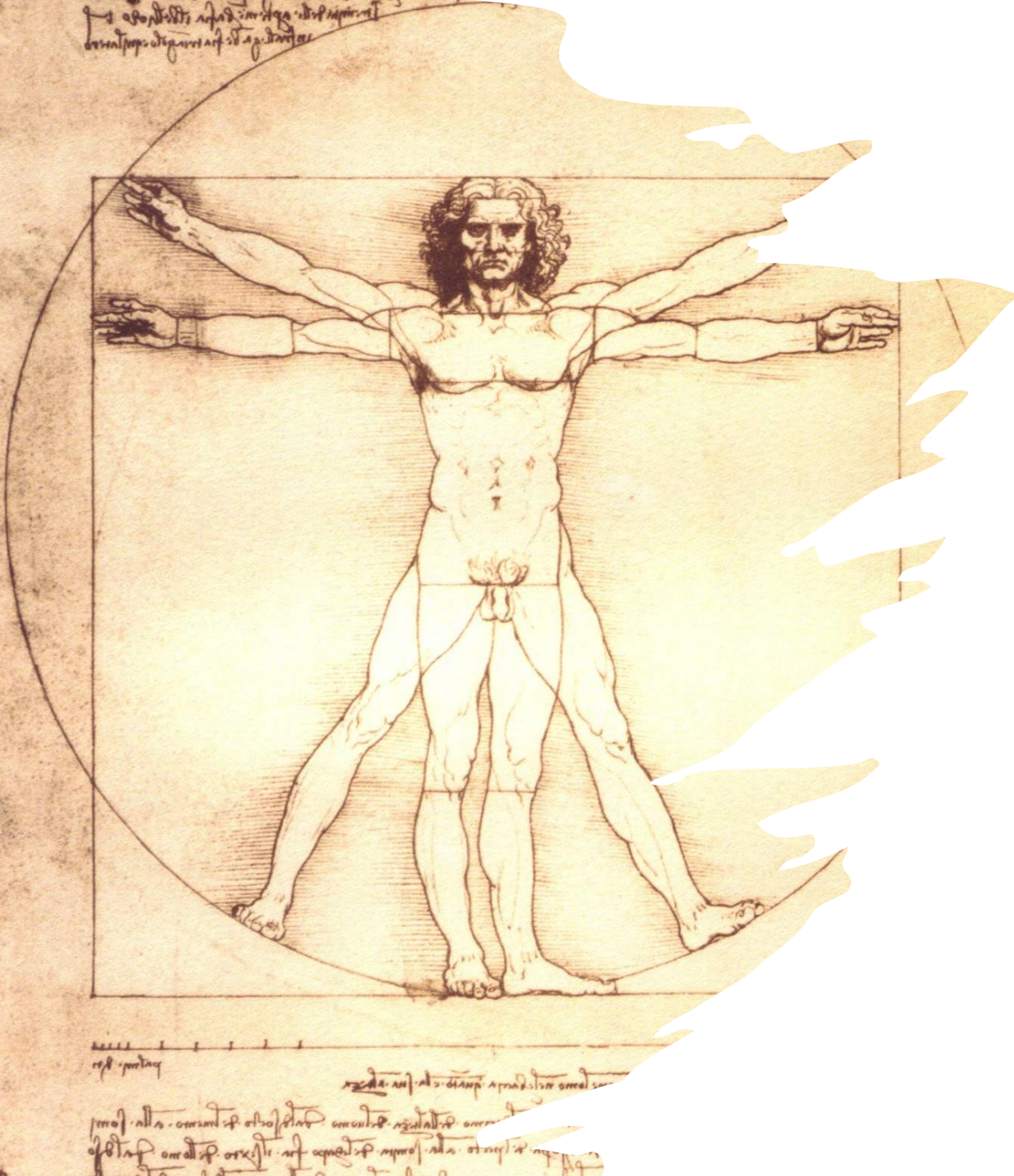
Leadership Ethics

Dr Katherine Hunt





Focus on you



Agenda

1. Ethical Leadership

2. Routine

3. Relationships

Your Goals

1. Client Outcomes
2. Efficient Profitable Business
3. Long Term Impact



It's Your Time

(if this conference was about clients, they would be here)



Group Activity

What is one key thing you have learned at this conference so far?

*Table Representative = youngest person (for this session)

**I have no
special talent.
I am only
passionately
curious.**

ALBERT EINSTEIN

HOW TO BE PRODUCTIVE

by Anna Vital



Group Activity

Leadership

Why is it ethical to first look after your own physical and mental health?



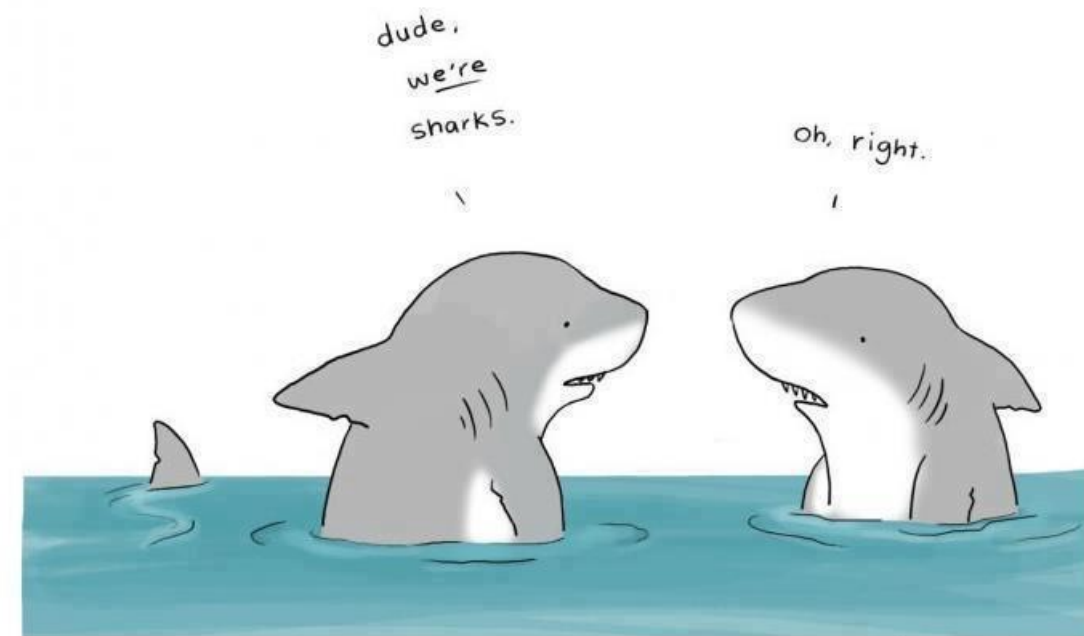
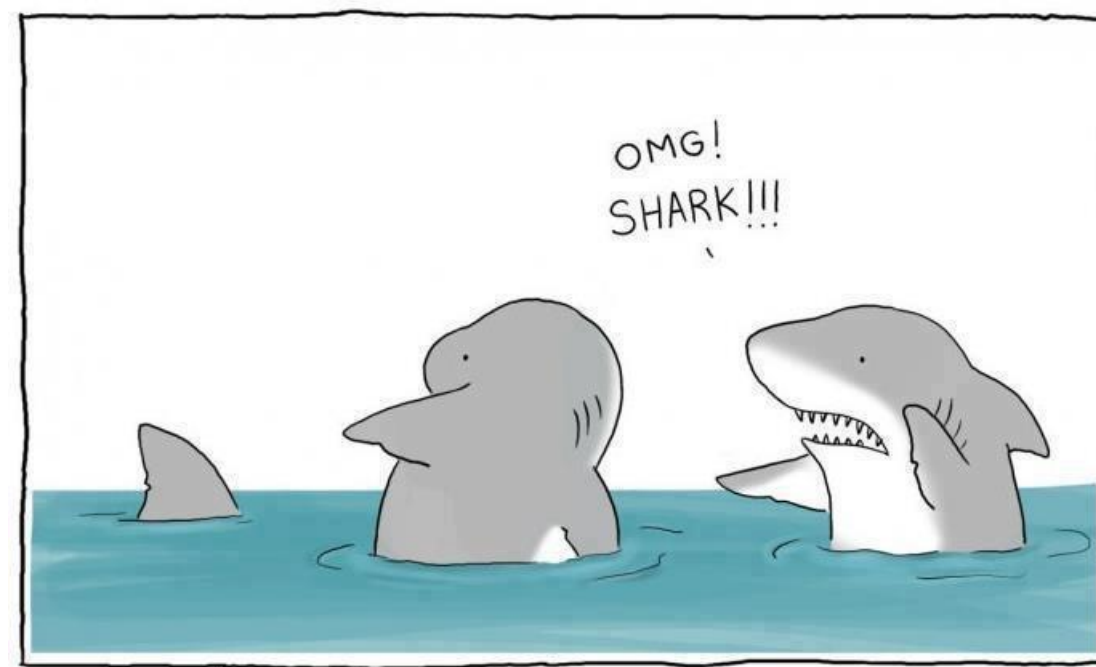
Leadership

Virtue Ethics

- Need to care for yourself before you can
 - Embody virtues such as courage
 - Lead others ethically

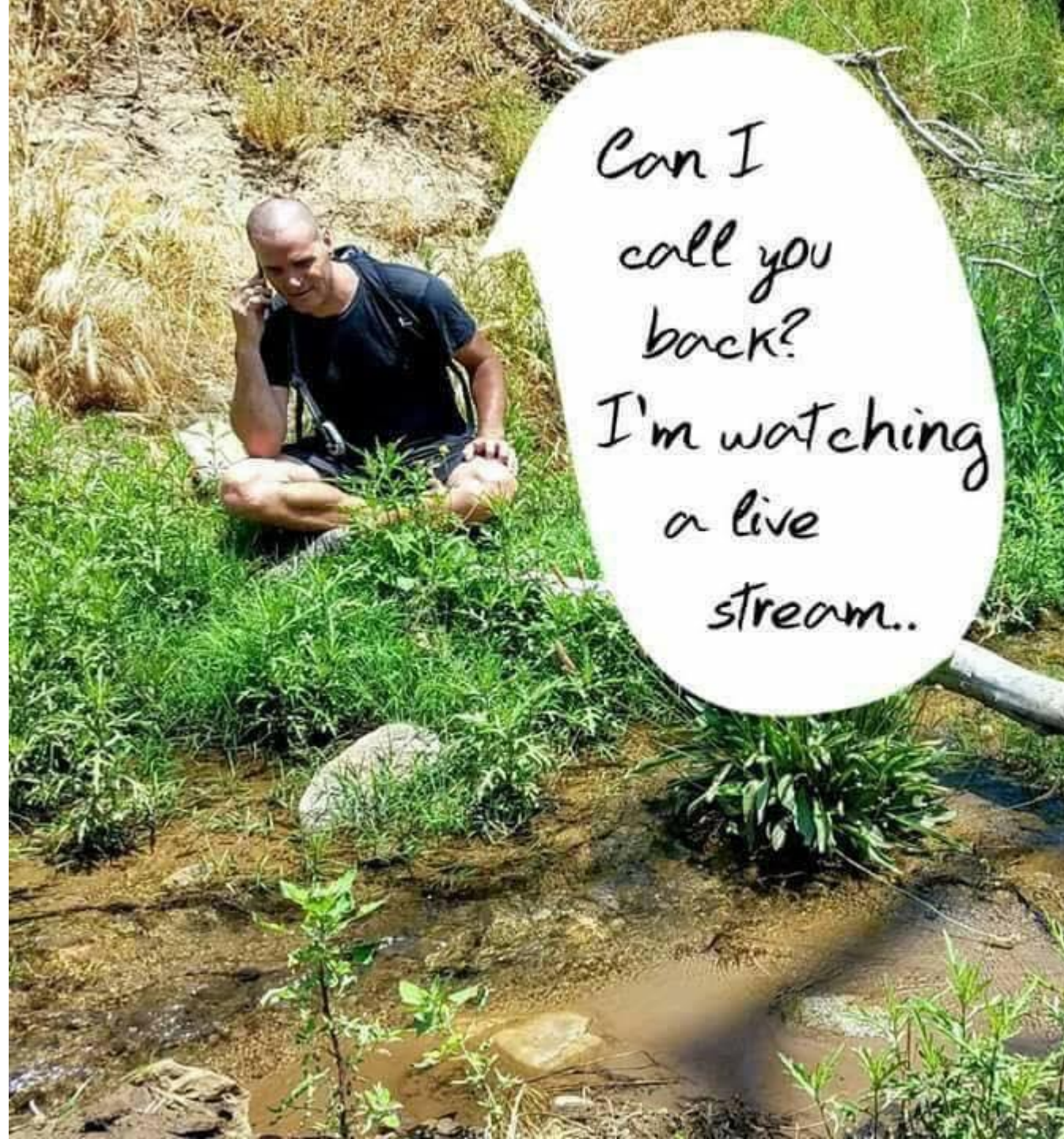
Existentialism

- Responsibility for own well-being
- Need to ensure decision-making ability



Manage your Energy

- Eat enough protein (body weight # in grams)
- Sleep 8h
- Exercise 60mins
- Hang out with people who make you feel good
- Put your phone away



I need a nap...
And by nap I mean a small
coma so I can
hide from my
life.



Activity

Daily	Points
Go outside into natural light within 15 minutes of getting up	1
Caffeine 90 min $>$ after waking	1
60+ minutes of sport	1
Blue light blocked / off on devices after 5pm (search “Night Light” on laptop/phone)	1
120 minutes of screen-free time before lights out	1
All screens out of the bedroom	1
Lights off 8+ hours before wake up time	1
Same wake up time + same bedtime daily	1
Total	8





“The quality of your life
is determined by the
quality of your
emotions”

My Daily Routine In A Nutshell





Individual Activity

What are 3 things you love doing?

How often do you do each of them?





E.g. for me:

Surfing x 5 times per week

Camping x 3 times per year

Which 4 of these 'could' you do every day?

- Get 8 hours sleep
- Meditate for 10 minutes
- Eat >70 grams of protein
- Write 3 things you are grateful for
- 120 minutes chill exercise (surf, yoga, walk)
- Call one of your favourite people to say hi
- 60 minutes vigorous exercise (weights, HIIT, running)

	22	23	24	25	26	27	28	29
	★	★	★	★	★	★	★	★
	★	★	★	★		★	★	★
	★	★	★	★	★		★	★
	★	★		★	★	★	★	★

Star Chart ★

- Micro-
accomplishments
- Mirror to your
awesomeness
- Guarantee daily joy

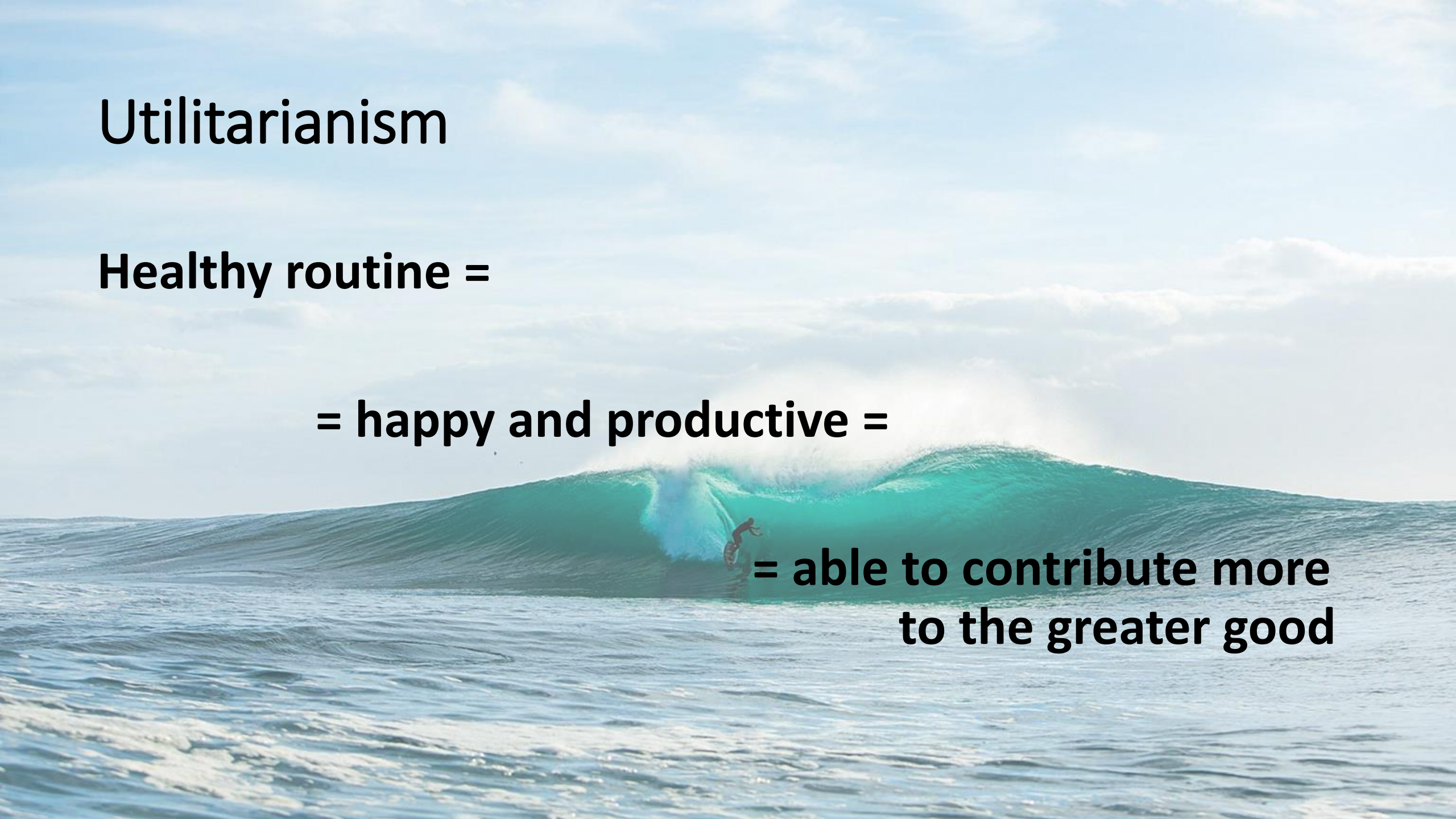


Utilitarianism

Healthy routine =

= happy and productive =

**= able to contribute more
to the greater good**





#1 Predictor of longevity is
strong social relationships



Group Activity

What are 5 things you can do (\neq \$) to strengthen relationships with your people / team?



People / Team

Your team need to individually feel as though:

1. You see them
2. You hear them
3. They belong



What are three questions you can ask to show your team

You see them

(e.g. what is something that you love doing outside of work that we could incorporate into your role?)

You hear them

(e.g. what is your recommendation for how we could onboard clients better, that you haven't mentioned yet?)

They belong

(e.g. what do you think is the biggest similarity between you and I?)

Care Ethics

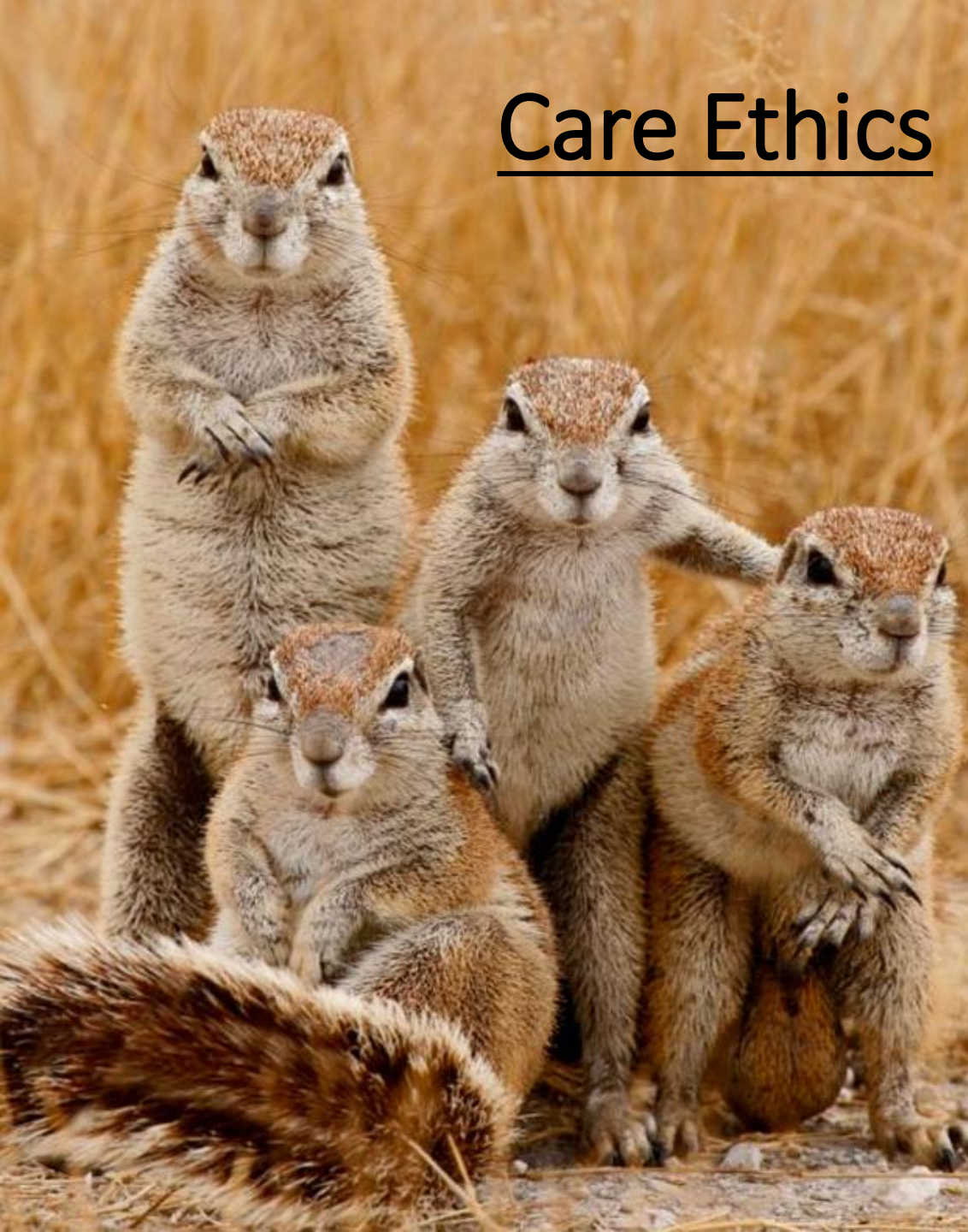
Ethical obligation to care for others

Moral growth occurs in relationship with others

Moral decisions are best made within the context of interpersonal relationships, community (contextual morality)

Responsibilities are defined within the context of relationships

We are inherently interdependent



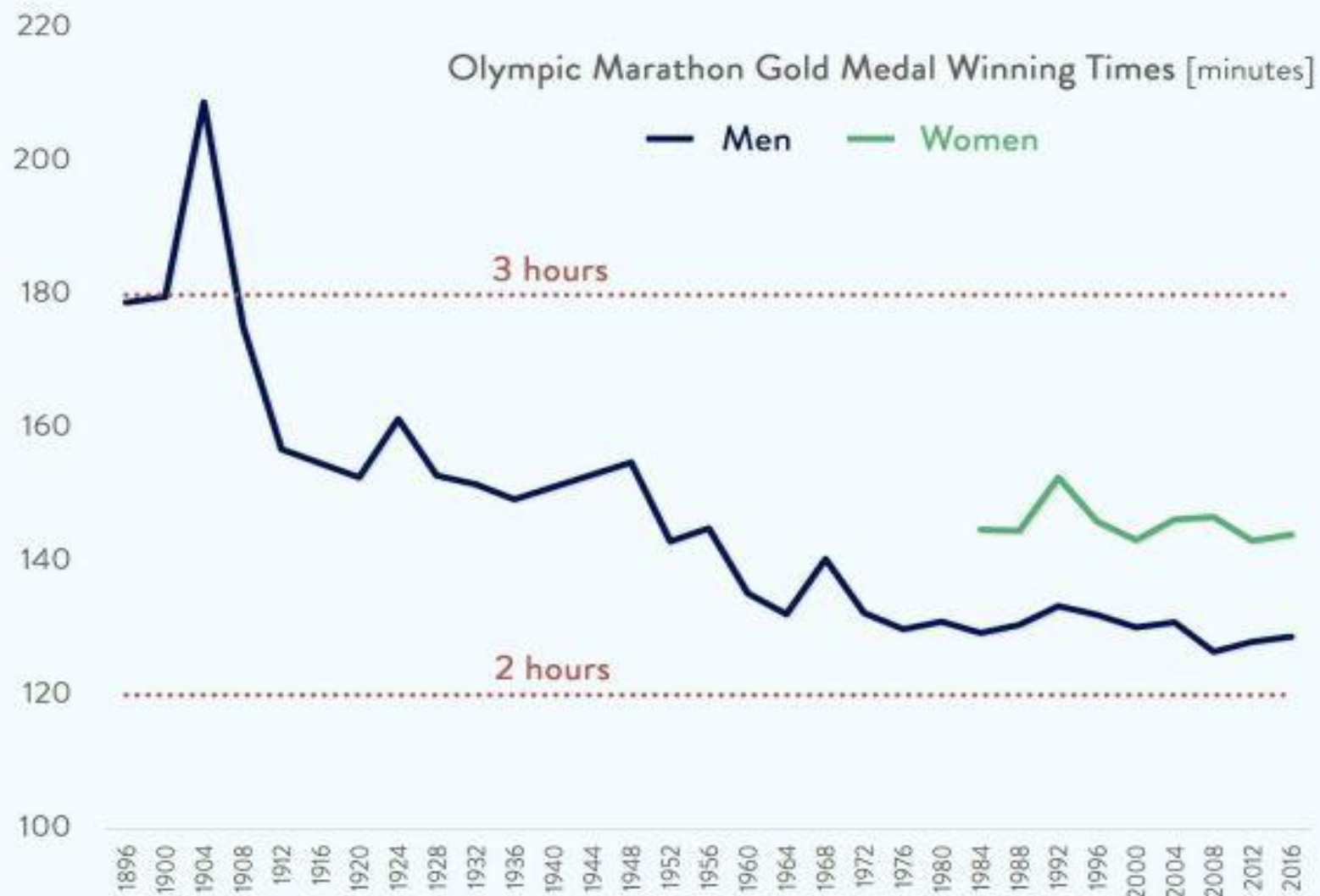


Where you are now

- Low competition
- Changing mindset towards value
- High opportunity in all client segments
- Increasing process efficiency
- Increasing profitability
- Increasing fees

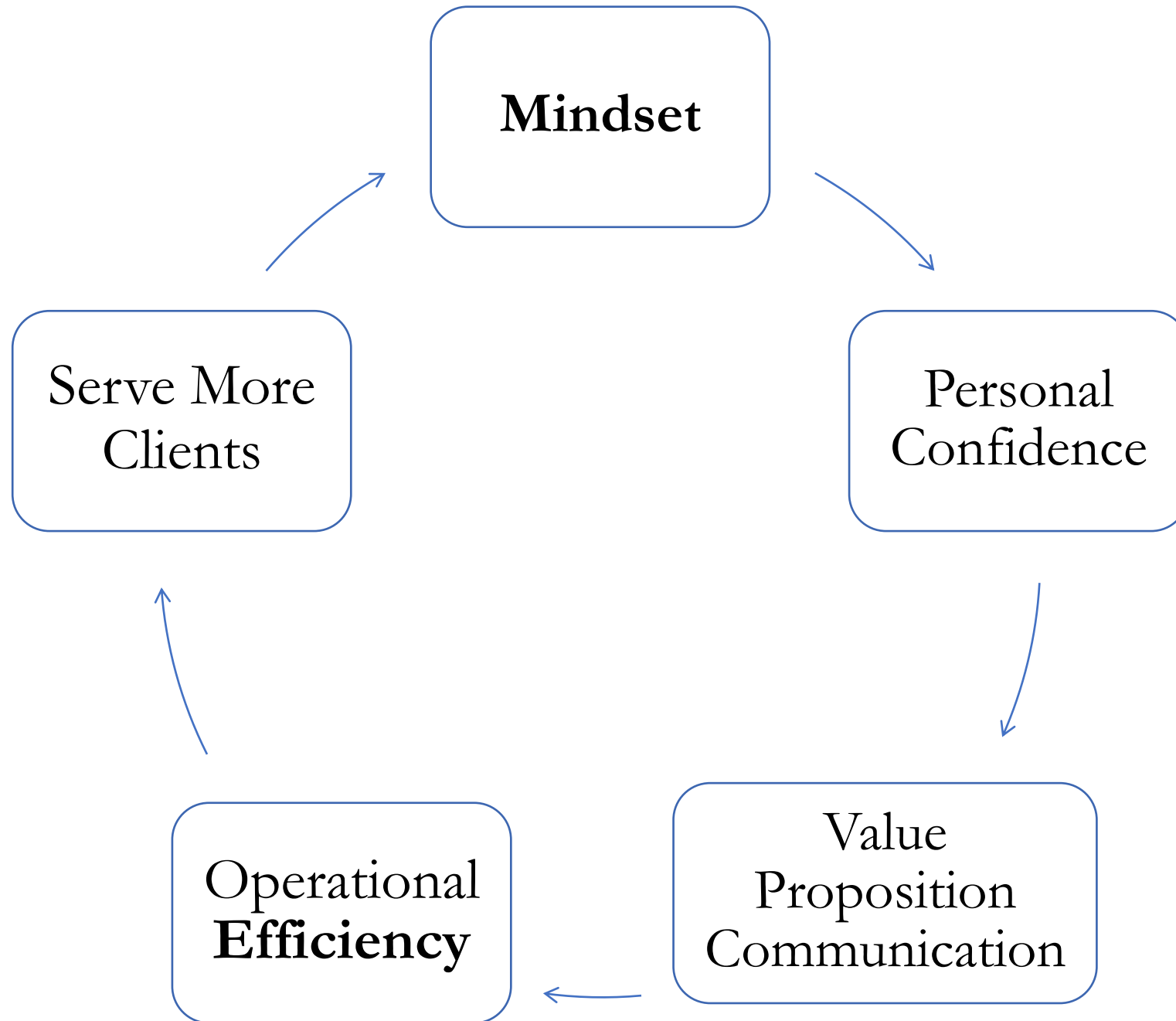


Olympic Marathon Winning Times Have Tumbled Since 1896





280





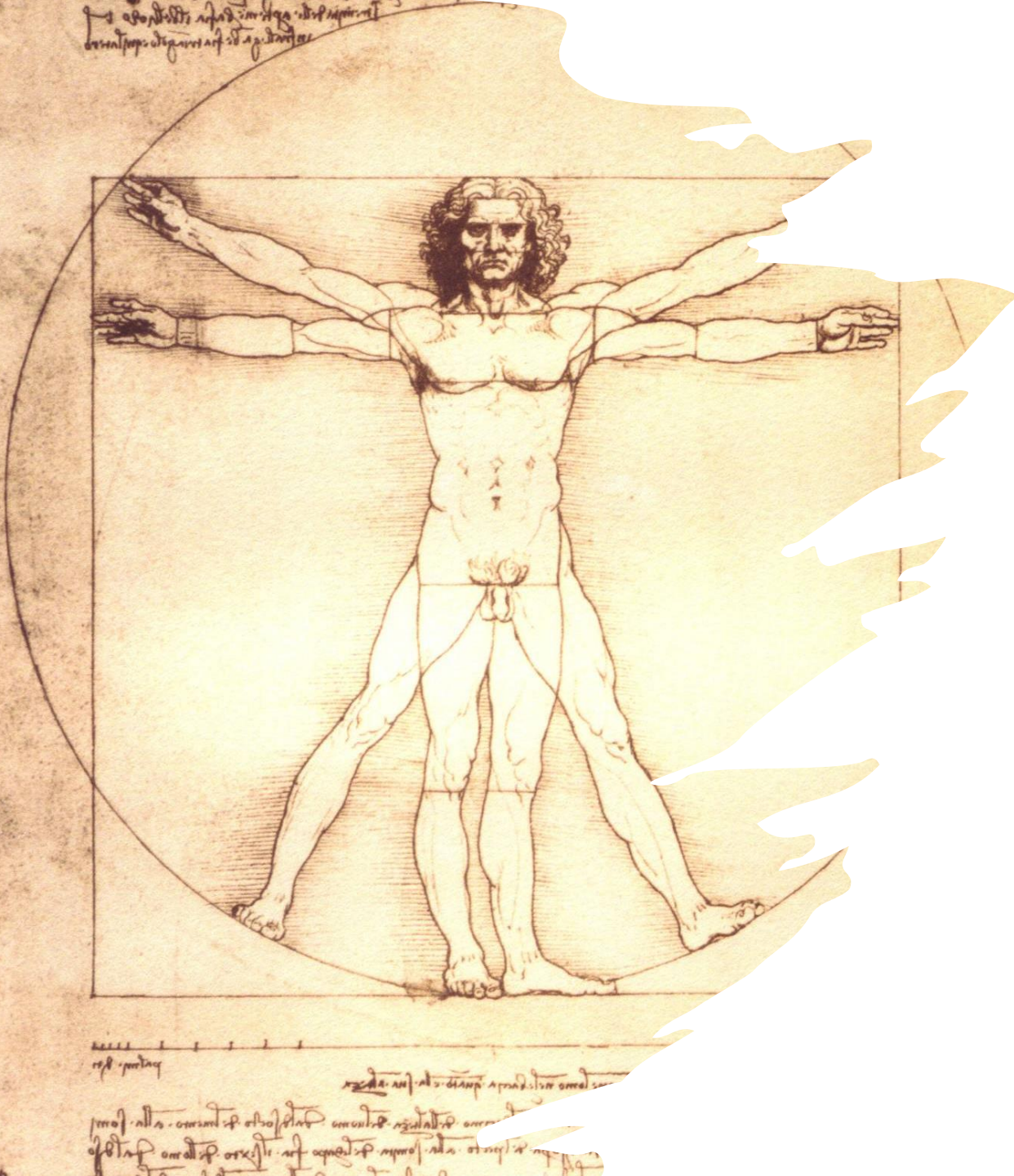
Value of Diligence (Code of Ethics)

- Obligation to run an efficient practice
- Requirement to invest in systems and processes
- Ethical decision making embedded in processes

Group Activity

What is 1 take-away
from this session?





Agenda

1. Ethical Leadership

2. Routine

3. Relationships





*CARTE REDUITE
DES TERRES AUSTRALES*
Par le Sr. Julien Jay de la Marine
De la Couronne Royale de France
1753

Focus on you



Stay in touch



[linkedin.com/in/drkatherinehunt](https://www.linkedin.com/in/drkatherinehunt)