

# Network Session Summary

Session Topic:	Innovate to Orchestrate: How Family Practice Can Transform the System
Session Date:	February 22, 2023
Session Hosts:	Dr. Christine Luelo & Lori Choma
Session Objectives:	At the end of this webinar, you will be able to: <ol style="list-style-type: none"> <li>1. Describe how to show up as an effective leader for primary care when co designing with system partners.</li> <li>2. Generate strategies for supporting peers in system co design roles.</li> </ol>

## Recommended Resources:

- [Video Recording of the session](#)
- **Ted Talks:**
  - [The Happy Secret to Better Work](#) – Shawn Achor
  - [How to Make Hard Choices](#) – Ruth Chang
  - [Dare to Disagree](#) – Margaret Heffernan
  - [How Great Leaders Inspire Action](#) – Simon Sinek
  - [Why Good Leaders Make you Feel Safe](#) – Simon Sinek
  - [Your Body Language may Shape who you are](#) – Amy Cuddy
- **Books:**
  - The Seven Habits of Highly Effective People** – Stephen Covey
  - 10-10-10: A Life-Transforming Idea** - Suzy Welch

## Session Highlights & Themes:

- Dr. Luelo’s top 10 principles for representing primary care on committees, working groups, SCNs, etc.:*
1. **Paradigm shift** – how we are working right now is not working; we need to embrace that fact
  2. **Prepared** – read the dossier, make notes, formulate opinions & questions, ‘let it marinate’.
  3. **Purposeful** – start with the end in mind and remember where the locus of control is (or could be) for family physicians in the community that you are speaking for.
  4. **Present** – don’t multitask on calls; your colleagues that you are speaking for deserve better!
  5. **Positive** - Commit each day to the following:
    - Change IS POSSIBLE
    - Change is GOOD
    - Patients DESERVE our best and we can give it to them
    - And “IT WON’T CHANGE YOU IF IT DOESN’T CHALLENGE YOU”
  6. **Practical** – we cannot move everything all the way all at once.
  7. **Patient** - This is who we are doing it for; this is who pays us; we are patients, too.
  8. **Partner** –
    - Join forces with others who feel the same passion and seek their opinions/ ideas/ lessons learned
    - Listen to people who disagree with your ideas
  9. **Persistent** – be sure about your message and repeat it OFTEN.

**10. Plucky** – Dr. Luelo’s word for ‘brave’

### Session Statistics

Total Physician Participants	North Zone Physician Participants	Edmonton Zone Physician Participants	Central Zone Physician Participants	Calgary Zone Physician Participants	South Zone Physician Participants	PCNs Represented
31	10	4	5	8	4	19