



# Amplify Your Impact

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# Our Leadership Journey...

# Kelly's Leadership Journey



APhA-ASP - Iowa



IPA



OSU



MOM



APhA  
Foundation

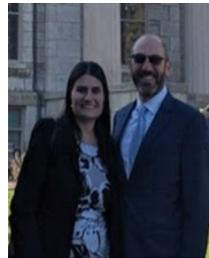


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# Farah's Leadership Journey



Iraq → Turkey → Cyprus → Detroit → Dubuque → Iowa City → Washington, D.C. → Wisconsin → Back to Iowa → Back to D.C. Metro



Students,  
faculty, and  
staff of UI  
College of  
Pharmacy



Karbeling Leadership Award

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# What we have encountered in our journey...

- 1) Imposter syndrome
- 2) Risk taking
- 3) Adaptability
- 4) Shifting priorities
- 5) Relationships/Connections

# “Imposter Syndrome”

“Imposter syndrome is loosely defined as doubting your abilities and feeling like a fraud. It disproportionately affects high-achieving people, who find it difficult to accept their accomplishments. Many question whether they’re deserving of accolades.”

Source: Harvard Business Review 2/21

# Farah's Impact

# Leading as a student...

# Being a student leader...



## IMPACT

- + Collaboration
- + Leadership
- + Iowa Pharmacy Family (network!) and mentors
- + Professionalism
- + Opportunities (knowing they exist)
  
- + Shaping long term student success (Student Government)

- Free time...
- Grades...

It's about balance...

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**Residency...outside of direct  
patient care?**

# Residency at the American Pharmacists Association in Washington, D.C.



## IMPACT

- + Learning professional priorities (drug shortages; pharmacist services, etc.)
  - + Understanding how national associations function
  - + Building a national network of mentors
- 
- Being outside of direct patient care...
  - New place/new people...
  - Behind the scenes versus doing...ultimately drove me back to the Midwest



# Walking the walk...as a practitioner

# Practitioner, Part I: Wisconsin



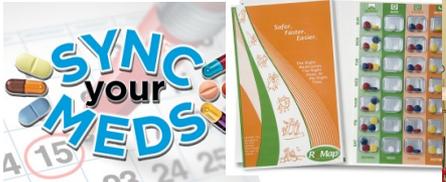
## IMPACT

- + New owner/flexibility in work
- + WPQC Program (pharmacist services)
- + Understanding challenges in building collaborative practice agreements
- + Streamlining operations
- + Medication adherence and technology became my passion

- Missing my parents
- Critical access environment/challenges (team of 2-3 pharmacists)
- Growth opportunities

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# Practitioner, Part II: Iowa



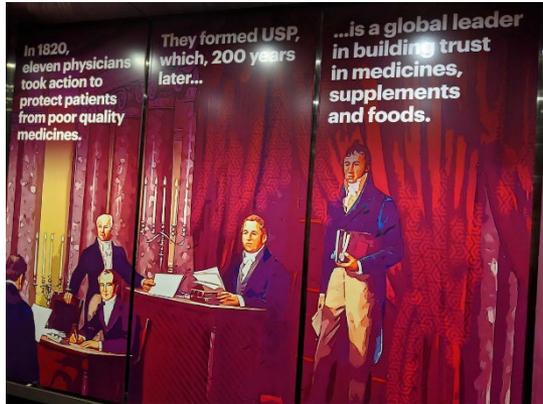
## IMPACT

- + Back to national pharmacy engagement
- + Operations and workflow passion
- + Closer to my parents
- + Collaborative team and community impact
- + Lifelong mentorship
- Direct patient care versus supporting profession
- More growth in direct patient care areas
- Time to focus on personal life

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**Knowing when it's time to  
take a big risk...**

# Finding USP



## IMPACT

- + Mentors help open doors for you...
  - + They push you even when you feel "Imposter Syndrome"
  - + New learning in a brand new, global environment
  - + Being Chief of Staff – the challenges that shape my lifelong learning
  - + Intersect of regulatory, industry, and practitioner world
  - + Mentor network grows...
- 
- Imposter syndrome
  - Proving myself
  - Understanding my "why"



# Applying my practitioner roots...



## IMPACT

- + Solutions; agile mindset
- + Knowing how pharmacy 'works'
- + Operational flow/areas of impact
- + USP's trust, combined with practitioner network
- + Combining my passion for patient care and association experience
- + Medical reserves



- Imposter syndrome

# Impact is a journey...



+ Balance competing priorities

+ Learn from mistakes...

+ Take a risk...your mentors will help you through it...or push you toward it. 😊

+ It doesn't stop with you...

# Kelly's Impact

# Expectations...

# Adaptability

- You may not be where you thought you would be



Lessons Learned  
Keep an open mind  
Never say never  
Be willing to take a risk

# Shifting Priorities...

# Priorities and Purpose

- Priorities may change



Find your purpose  
Be true to you  
Identify your priorities  
Set boundaries

# Risk Taking...

# Reward: Finding Joy in My Journey



All you have is what's in front of you right now

"You are exactly where you are supposed to be right now"

# Most Important Factor...

# Cultivating Relationships



"I've heard it said, that people come into our lives for a reason, bringing something we must learn, and we are led to those who help us most to grow if we let them and we help them in return. Well, I don't know if I believe that's true but I know I'm who I am today because I knew you."

Lyrics from "For Good" from Wicked



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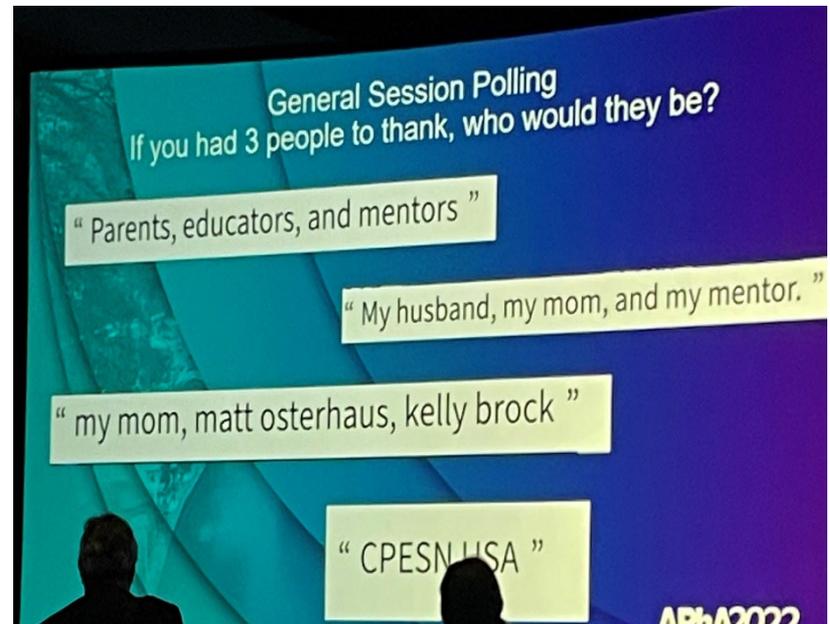
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# Amplify Your Impact

- Be a difference maker



- Pay it forward



You have no idea how much of a difference you can make in someone's life

# Giving back...



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# Questions?

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