



Drive your organization forward

Cara McNulty,
Vice President of Behavioral Health

How do you push yourself and your team to create a vibrant, thoughtful, innovative and transformative culture? Here are a few key concepts I practice to help move my organization forward.

- **Valuing psychological safety and creating an environment for all to thrive.** Teams can succeed by establishing a safe environment where everyone feels supported, has autonomy and clearly knows what's expected.
- **Knowing your personal purpose.** How much attention do we really pay to the connection between what's in our hearts and what we do every day at work? I believe that understanding our own purpose helps us be more present, engaged and resilient.
- **Starting with why.** It's easy to fall into the habit of doing things the same way because that's the way things have always been done. Challenge yourself and your teams to ask why you're doing things a certain way, and if there is now or could be a better way.
- **Being curious.** Curiosity leads to collaboration and innovation.

Try making these priorities in your organization and see how it can help you and your team meet today's challenges and move toward the future together.

