

Dear Colleagues,

We are so excited to join the SMFM THRIVE team in the roll out of this important community. We are dedicated to being a part of this community and offering insights, authors, and resources to engage SMFM members in conversations about personal and professional wellbeing, wellness and THRIVING!

Our focus will be on discussing and sharing resources to THRIVE! We believe a positive and proactive view of personal and professional wellbeing creates the opportunity to THRIVE in such a way that “burnout” is less likely to take over our lives. To that end, we have prepared a few columns for THRIVE that we will share here over the course of the next few weeks. We look forward to engaging in discussions with you and being a part of this community just as we are a part of the Dan O’Keeffe SMFM Leadership Academy Community.

We start with one of our favorite authors at the Dan O’Keeffe SMFM Leadership Academy, Tom Rath. To THRIVE visit Tom’s website at <http://www.tomrath.org>. There you will find an overview of Tom’s work including the 10 bestsellers he has written with the Gallup Organization and his own publications on personal and professional wellness.

Tom knows this territory better than most and his resources on how to THRIVE are beyond compare. Tom is a great friend of the Leadership Academy. In fact, just before his immediate best seller, *Are You Fully Charged?* was released to the public, he sent advance copies for each leader in the course for our discussion and review. He also sent an advanced copy of the PBS Special, *Fully Charged* for the leaders in the course to view and critique. AND, he sent copies of his children’s book from the same work, *Rechargeables*, for each leader who had small children. We were all thankful for his generosity and good work! He continues to be a benefactor of the Leadership Academy through his research, writing, website, and role modeling of personal wellbeing.

To know more about how to THRIVE and be *Fully Charged*, we suggest you go to <http://www.tomrath.org> and click on the book jacket. You will be taken to clear, understandable, and usable strategies at <http://www.tomrath.org/book/are-you-fully-charged/> Click on the “learn more” link at the bottom of the page to read Tom’s article on “*Three Keys to a Full Charge.*”

On this same page you can click on a link for the PBS documentary, *Fully Charged*. Click on the “Trailer” button for an overview. If you are an Amazon Prime member you can download the documentary for free at Amazon.com, if not, the documentary is \$10. We discuss excerpts of the video in the Dan O’Keeffe SMFM Leadership Academy and connect the clips to other important work on wellness, wellbeing, and leadership.

You can watch a youtube video summary of *Are Your Fully Charged?* by going to:
<https://www.youtube.com/watch?v=Qv61GF1Yfm4>

For more specific ways to THRIVE stay with Tom's website and click on the book icon for *Wellbeing* at the bottom of the Tom Rath opening web page. You will be advanced to resources on how to THRIVE across all Gallup's Five Elements of Well-Being. The Elements of *Wellbeing* are:

Career Well-Being

Social Well-Being

Financial Well-Being

Physical Well-Being

Community Well-Being

Tom and his co-author, James Harter, Senior Chief Scientist at Gallup, say:

"To create a life that's worthwhile, not just for ourselves but for those around us, we need to find something we love to do that benefits the world around us. We need to invest time strengthening our relationships with the people we love. We need enough financial security to provide for our families' needs. We need to adopt lifestyles that give us the health and energy to keep moving each day.

"If you lead or manage, your actions have a direct impact on the well-being of others. When leaders embrace the opportunity to improve employees' well-being, they create more engaging places to work, greater returns for the organization, and even strengthen their employees' families."

---Rath & Harter

Tom does a regular short blog with the *Wellbeing* book. When you are at his website, click on the book cover for *Wellbeing*, go to the bottom of that page and you will see a link to learn more about specific elements. Here's one:

<http://www.tomrath.org/many-productive-hours-week/>

We think wellbeing, wellness, and THRIVING are key to leadership! With that in mind we will offer other insights, authors and articles from time to time on the SMFM THRIVE Community page. For now, we wanted you to know about Tom's important work.

All the Best,

Dan,
Mike,
Idahlynn

The Dan O'Keeffe SMFM Leadership Academy