# ED Entomology A Tale from the Resus Room

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Once upon a time...



## Don't Ever Forget WELLBEING

Because Emergency Medicine is difficult – for us <u>all</u>



#### Emotional Leadership

- Acknowledge emotion and its impacts
- Project/channel positive emotion
- Show emotion (and vulnerability)
- Respect the emotions of others
- Make time and space for follow-up

It's easier than you think – just ask, and listen...



#### Your perceptions are your projections





## Be a honey bee (not a fly)

#### Behave yourself

- Assume that your colleagues are smart and want to do a good job
- Introduce yourself
- Make eye contact
- Have a conversation
- Respect the skill and care of others

Don't take over unless you really, really, really, really, really have to





### Never invalidate the emotional responses of others

#### Any questions?

Thank you for listening

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