

From Surviving to Thriving: Promoting Well-being in Women's Leadership Journey

MSSNY Women Physicians Leadership Academy

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Pronouns: (she/her)

Introduction

- “For centuries, women have fought against social norms and cultural biases to gain recognition and equal opportunities in various aspects of life”. women have not been able to break through the glass ceiling that has limited their access to leadership positions. LinkedIn
- As of 2024, women hold 10.4% of leadership positions at Fortune 500 companies, with 52 women running businesses on the list.
- Women have been a majority of all medical school applicants since 2018. In 2024, 56.8% of applicants to medical school were women; 55.2% of those accepted to medical school were women; 55.1% of those who matriculated to medical school were women.



Leadership Journey



Women in
Leadership

**MY MISSION
IN LIFE IS
NOT
MERELY TO
SURVIVE,
BUT TO
THRIVE.**

Survival

- Overwhelmed and exhausted
- React to challenges rather than act proactively
- Prioritize meeting external demands over personal well-being
- Experience self-doubt and Imposter Syndrome
- Struggle to find joy and fulfillment



Thriving

- Leading with confidence and a sense of purpose
- Maintaining a health balance between work, personal life, and well-being
- Cultivating resilience
- Seeking opportunities for growth and development
- Builds strong support systems and mentoring others

Strategies Shifting from Survival Mode to Thriving and Promote Well-Being

- Mindset Shift
- Building Strong Support System/Networks
- Work – Life Balance
- Embracing Self- Care and Mental Health
- Develop Resilience and Confidence
- Address Gender Bias and Workplace Challenges
- Leveraging Purpose and Passion
- Promote Physical Health and Well-Being

BELIEVE

- You must be bold, brave, and courageous and find a way... to get in the way.
- “You cannot be afraid to speak up and speak out for what you believe. You have to have courage, raw courage.”

John Lewis

