



# Who Are You?

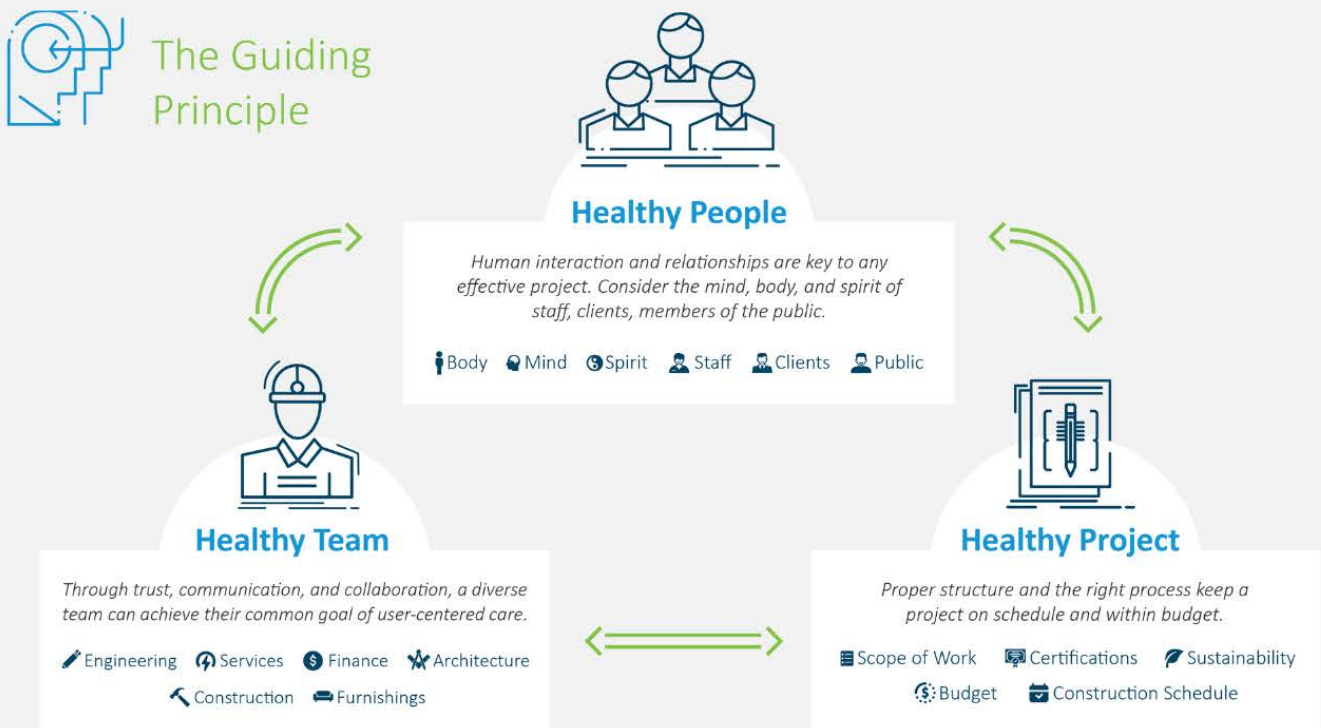
AN E-BOOK BY CATHY DOLAN-SCHWEITZER



# Welcome to the *Who Are You?* e-book.

This story writing interactive program offers a foundational step in promoting healthy leadership and the role you play in keeping our country’s economy strong and healthy. Regardless of career path, what is essential for all of us is creating more healthy, creative, and innovative people who then create better and healthier environments for working, living, and playing. This attitude allows both men and women to contribute their unique skills and talents together so that everyone in the organization thrives.

At Health Well Done we give you the tools and a process to keep people and health in the center of all your decisions. Our people centered leadership approach is strategic and impactful which results in creating healthier environments for working, living and playing. People-centered leadership sets the tone for how we care, connect, and coach each other this is what allows it all to be fun and easy. The HWD3 uses three principles Healthy People, Healthy Team and Healthy Projects. (see infographic)





## THE FIRST PRINCIPLE

# Healthy People



The first principle of the HWD3 People Centered leadership process is Healthy People. Using this principle we ask the question:

*Who are you?*

In this healthy project coaching session you will be using tools and techniques that will help you be your personal best.

Once you know yourself better and can present that to the world you can connect and build relationships with your team members.

Human connection is about trust, when we know you as a person we connect to you, now we listen to what you say. Human connection and building relationships are key to helping you to excel at your career.

Today have fun with the “WHO ARE YOU?” activity. My promise to you is to guide you every step of the way to help you connect and lead on a human level.





Let's get started.



## Instructions

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### STEP 1

Write the story of your career in three to five sentences. This can be done on paper or electronically.

### STEP 2

Put your story aside by starting a new sheet or scrolling down on your document.

### STEP 3

Repeat exercise a total of five times.

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### A FEW GOOD TIPS

Use the power words (on the next page) to get you started

Try to use a different description each time using different words to describe yourself

Pick the "most accurate" one and be ready to share

Don't be afraid to combine the best ones



# Writing Samples

## Jen Slaw

With degrees in both engineering and art, Jen connects with both left and right brained learners as she shares her story of finding balance and transitioning from life as a structural engineer to entertainer, speaker and trainer, roles in which she felt she could have more impact, exercise more creativity, and be more connected to others.

## Cathy Dolan

Born a people person and a teacher at heart with a quick wit landed me in project management. A health crisis instantly became a very small part of something so much bigger than myself and inspired me to be an author, trainer and healthy project coach. With one foot in NY and the other in Vermont I live my fullest life with a focus on self care, spending time with my family and living in the outdoors enjoying nature.



### Power Words

Responsible, positive, arranger, organized, developer, believer, leader, proactive, team leader

Funny, fun, creative, intelligent, generous, kind, passionate, honest, mentor, coach

Construction manager, superintendent, project manager, engineer, architect, co-founder, administrator

Father, mother, step mom, step dad, aunt, uncle, grandparent

Big sister, big brother

Skier, hiker, nature lover, protector of the land, builder, book junkie, geek, techie



# Thank You

**HEALTHY PROJECT COACH POWERED  
BY HEALTH WELL DONE**

Contact me if you have any questions.  
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## **ABOUT CATHY DOLAN-SCHWEITZER**

Cathy is the founder and president of Health Well Done and a teacher at heart, a consulting and training company, and a recognized authority in the field of healthcare project management. She holds a master's degree in integrated medicine, with a specialty in experiential health and healing, as well as certificates in project management, healthcare construction and emergency room design. Cathy lives in Yonkers, New York, with her husband, Ken, her dog, Cali, and her cat, Lola. She has two beautiful, smart, confident step-daughters, Julia and Alexa, and a wonderful granddaughter, Emerson. She loves to ski, hike, practice yoga, and motorcycle through the countryside with Ken on their Harley.