

## Nadja West

First African American Army Surgeon General and Former Commanding General, US Army Medical Command

**VIRTUAL OFFERING - Not by the Sword and Shield, but by the Head and Heart: What we as individuals can do to lead during the COVID-19 pandemic.** The sword and the shield are great weapons when facing a peer or entities like ourselves, that have similar weaknesses and strengths. But when there is an indiscernible enemy, formless and shapeless to our eyes, other strategies and tactics must be employed. In this talk, Nadja West demonstrates that as leaders in the current fight against the pandemic, the greatest weapons in our armory are our heads and our hearts. Using examples from great leaders like Dr. Martin Luther King, Jr., she inspires groups to embody the essence of Army leadership – to provide purpose, direction, and motivation – to successfully serve on the front lines of the COVID-19 battle, secure victory, and become stronger for the future.

**Leading Through Uncertainty.** According to Nadja West, the most essential quality in a great leader is empathy – where “leading is all about the team of people you lead.” This is especially true in times of crisis and uncertainty. In this presentation, Nadja draws on her over 20 years of experience in executive leadership, crisis management, and disaster response – including leading more than 130,000 Army healthcare professionals and crafting the DOD medical response to the Ebola crisis – to provide effective leadership tactics during difficult times. Throughout these challenges, she thought strategically, developed confidence, and stayed connected to her sense of purpose. Sharing her career lessons-learned, West demonstrates that good leadership and a loyal team come from strong communication, truly understanding your people, treating them with respect, and leading with empathy, particularly through hard times.

**Why Not You?** Nadja West’s story is one of grit, perseverance, strength, and breaking boundaries, even when faced with adversity. In this talk, she shares her journey from being adopted as the youngest of twelve in a military family to becoming the first African American woman 3-star General in Army history – showcasing the power of asking the question: Why not me? Taking audiences behind-the-scenes of her storied career, from taking care of sick and wounded soldiers as a field surgeon in Operation Desert Storm to supporting more than 4 million people globally as Army Surgeon General, she demonstrates the importance of self-belief, bravery, and balance in overcoming challenges. Audiences will walk away empowered to face obstacles head on, be better leaders, and remove “I can’t” from their vocabulary.

**Work-Life Balance: Managing Different Elements in Correct Proportions.** In this talk, Nadja West – accomplished military leader, female trailblazer, mother, wife, medical professional, and more – shares her strategies and lessons-learned on achieving work-life balance. Using examples from her own experience defining and managing priorities for herself, her family, and her career, she demonstrates that to maintain balance, it is up to you to define the correct proportions – not someone else. That we must determine what is important and what we can live without, what we are willing to let go and what takes priority.