

Leadership Within Us



Insights from my Healthcare Journey

Dr. Arun Seshachalam



Leadership Within Us

Master 3 arts • Embrace 2 values • Nurture 6 skills



First Edition

Author

Dr. Arun Seshachalam

MD., DNB., DM., MBA



Title of the Book: Leadership Within Us

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For Sales Enquiries:

Contact: +91- 8861511583

E-mail: sales@iiponline.org

Leadership Within Us

To be an Effective Leader

Master 3 Arts, Embrace 2 Values & Nurture 6 Skills

*Thanks to my wife and daughter
who have helped me a lot in
introspecting myself and getting to
know who I am.*

Acknowledgement

I humbly dedicate my book, "Leadership Within Us," with deep gratitude and appreciation to several individuals and groups who have played pivotal roles in its creation and development.

First and foremost, I extend my heartfelt thanks to the dedicated teachers of NSN school who instilled in me a love for learning and inspired my journey in education. To my esteemed professors at Stanley Medical College, Department of Pediatrics, KMC Mangalore, your guidance and wisdom have been invaluable, shaping my understanding of leadership within the healthcare context.

Thanks to my parents and brother for providing a democratic and stimulating environment during my childhood, which nurtured my curiosity and passion for leadership.

I also want to express my profound gratitude to my patients and their families who have entrusted me with their care. Your experiences and stories have been my greatest source of inspiration, and it is your resilience that drives my exploration of leadership within the medical field.

To my mentors, colleagues and friends at the Cancer Institute in Adyar, your camaraderie and shared experiences have been instrumental in shaping my perspective on leadership. I am grateful for the collaborative spirit that we fostered during our time together.

Lastly, I extend my sincere appreciation to my present and past teammates, whose collective knowledge and insights have been essential in my growth as a leader. Special thanks go to Dr. Niraimathi, for her meticulous editing and contribution to refining the book and bringing it to its current state.

This book is a testament to the collective effort and support of these individuals and groups, and I dedicate it to each one of you with profound gratitude for your invaluable contributions to "Leadership Within Us."

Personal Note

There is a Leader within every individual. Its emergence depends on the nature of the individual and the nurture by the surroundings. In my professional life, I was fortunate to get associated with exceptional leaders. I have worked under a few and collaborated with many. As a clinician with formal training in healthcare management, I was able to identify the key attributes, important skill sets and core values that separated them from the rest. In this book, I have shared everything I have heard, learned and observed regarding effective leadership. I am confident that the lessons I have gained can be incorporated into your practice, propelling you to great heights.

My initial plan was to distribute handouts to medical college students and postgraduates after my lecture on leadership on healthcare. However, due to the positive feedback, I have decided to expand my efforts.

Every day, I encounter numerous leaders from various fields, ranging from nursing to executive positions. I am confident that you will witness a more personalized and higher-quality version with each subsequent edition.

I am sure this book will unleash the leader inside you and bring it to the center stage.

Dr. Arun Seshachalam.

“You are as good as the person you have coffee with”

Praise for the Book

As a coursemate of the author right through oncology, Darden School of Business and MBA at BITS PILANI, it is an immense pleasure writing the review for the book “Leadership within Us” by Dr Arun Seshachalam. This book takes you beautifully through the journey of becoming a successful leader. As you read the book, you pass through the stations of defining yourself, finding your “calls” or the “ikigai”; formulating a plan, understanding negotiation, leaving the “comfort zone” moving towards the “growth zone” and finally leading the efficient team forward. This book is a concise extract of the principles a person needs to read and acquire from numerous books written by great authorities on this subject like Professor Michael Roberto, Daniel Goleman and Robin Sharma. The inclusion of real-life scenarios in each chapter helps the reader to easily relate and apply what he has read. This is a value-added package delivered in any biography-based literature, especially those that are backed up by anecdotes from the personal experience of the author who himself is a successful leader.

This book has instantly helped me refine my own management skills in various ways and I am sure the reader will reap the best after understanding the hard-core values that have been encrypted beautifully into every leadership concept.

Dr. Krishnakumar Rathnam,
Sr. Medical Oncologist, Madurai.

We often tend to believe in the stereotype that we should follow great leaders and find inspiration in them failing to recognize that everyone possesses leadership skills within themselves. This book delves beyond the conventional leadership concepts and emphasizes the importance of team cohesiveness, implementing different leadership styles in different situations and the significance of emotional intelligence along with its profound influence on the surrounding. It sheds a spotlight on the delicate equilibrium between one's professional and personal life, enriched by compelling illustrations of

the health and wealth interplay. The author's personal experiences highlighted mid-way through the book, further enhance the reader's connection and engagement with the book. This book personally played an integral part in the realization that learning about oneself is a lifelong journey and one can pursue their dreams regardless of life's preordained course, while simultaneously shedding light on the process of personal growth within the professional sphere.

Ms. Soundarya Muralidharan
Consultant Psychologist, Trichy

Leadership is not just a position of command. It is a phenomenon and of course an overall responsibility. The author's perspective of this dynamic process stems from his focused reading and personal experiences. His message is clear - Do not wait and search for someone to lead; Leadership is within us and the best time is now. Surface it and Execute it with this handbook.

Dr.SP.Thirupathy
Sr. Neurosurgeon, Trichy

"Leadership Within You" is a must-read for anyone seeking to hone their leadership skills, especially those aspiring to excel in the medical profession. This book not only offers profound insights into leadership theories but also presents them in a manner that is both relatable and actionable. The fusion of personal experiences, relatable anecdotes, and practical examples creates a comprehensive guide that resonates with readers across various domains. "Leadership Within You" stands as a testament to Dr. Arun's expertise and his dedication to nurturing the leaders of tomorrow.

Dr. K. Niraimathi,
Entrepreneur, Chennai

Dr. Arun Seshachalam has masterfully penned the book "Leadership Within Us" with great panache describing all key ingredients crucial for effective leadership. The book will mentor young medical

graduates to develop a leadership vision and build on their important qualities. The book also emphasizes the significance of transparency, ethics and open communication in a leader's repertoire. Nurturing a good emotional quotient amongst the followers helps him resolve conflicts easily and healthily.

What I loved most is the author's emphasis on empathy, persuasiveness, initiativeness and adaptability for fostering team harmony rather than placing undue importance on mere experiences, degrees or certificates. Furthermore, the author astutely reminds us that growth and comfort rarely ride the same horse. He also encourages us to stay humble, acknowledge the supreme power and maintain a good family and professional balance.

Dr Arun Seshachalam's "Leadership Within Us" not only imparts invaluable insights into the realm of medical leadership but also presents a holistic philosophy for navigating life's intricacies.

Dr. Swati Bisht, MD. MBA
Chief of Operations, Manipal Hospitals, Bangalore

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ABOUT THE AUTHOR



Dr. Arun Seshachalam is a renowned oncologist in South India whose remarkable journey has touched countless lives. As a Divisional Head at Dr GVN Cancer Institute, Managing Director of Ramana Rehab Center, and Managing Trustee of KK Charitable Trust, he has been at the forefront of transforming healthcare for the better. Beyond his clinical expertise, he is known for his dynamic leadership, sharing invaluable insights through inspiring lectures for medical students and empowering healthcare professionals with transformative leadership programs. An accomplished author, lecturer, public speaker, and investigator, Dr. Arun Seshachalam's contributions to the medical field have been widely acknowledged. His exceptional service has earned him numerous prestigious awards, a testament to his unwavering commitment to improving healthcare and humanity. Now, he imparts his wealth of knowledge and experiences in his latest book, a compelling and enlightening exploration of his journey and the invaluable lessons learned along the way.

“This book has instantly helped me to refine my management skills and also takes us beautifully into every leadership concept”

- Dr. Krishnakumar Rathnam, Oncologist.

“The author's personal experiences enhance the reader's connection and engagement with the book. This book made me realize that learning about oneself is a lifelong journey”

- Ms. Soundarya Muralidharan, Psychologist.

“The author's perspective of this dynamic process stems from his focused reading and personal experiences. His message is clear - Do not wait and search for someone to lead; Leadership is within us”

- Dr. Thiruppathy. S.P, Neurosurgeon.

“The fusion of personal experiences, relatable anecdotes, and practical examples creates a comprehensive guide that resonates with readers across various domains”

-Dr. K. Niraimathi, Entrepreneur.

“What I loved most is the author's emphasis on empathy, persuasiveness, initiativeness and adaptability for fostering team harmony rather than placing undue importance on mere experiences, degrees or certificates”

- Dr Swati Bisht, Chief of Operations.



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