



# The A.C.T. Model

*"The greatest challenge we face as leaders is leading ourselves"*  
– John C. Maxwell

## Apply for me Change in me Teach others

We often wonder what to do with all of the information, learning and ideas that are discussed and suggested in a workshop, meeting or summit? How will you take what you've learned and use it to grow yourself **and** to add value to others (staff, team members, clients, family, organizations and communities)?

This tool is for your use and thinking throughout the session. It is intended to "jump start" your follow up and adoption actions. A suggested strategy is below. Keep in mind that the tool is not proscriptive and can be revised to fit your unique needs and ways in which you work:

- 1<sup>st</sup>: Use the codes A C T in the margins as you take notes
- 2<sup>nd</sup>: Following the session compile a list of each code (3 separate lists)
- 3<sup>rd</sup>: Prioritize each list
- 4<sup>th</sup>: Using your priorities, take say the first one or two items and work on them for 2-4 weeks until it becomes a habit or instituted change or process
- 5<sup>th</sup>: Continue working through your lists
- 6<sup>th</sup>: This tool might also serve as a process for your team, steering committee, managing entity, hospitals, patients/clients, families, recovery community, etc.

Source: Lonnetta Albright, Forward Movement, Inc. Adapted from a presentation by John C Maxwell.

