

# Leadership and Personal Resilience

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A personal story with a hopeful ending



# Meet me

- Assistant Chief Officer Resources
- First female member of the GMP Command Team
- Longest serving member of the Command Team (appointed 2003)
- Chartered Accountant
- Passionate about sport
- My self-image

# My story

- May 2016 – get married with a bad back
- May – October 2016 – back pain increases and becomes unbearable
- October 2016 – diagnosed with secondary cancer and spinal tumour
- November 2016 – lose ability to walk - emergency back surgery and lumbar fixation
- December 2016 – chemotherapy starts

# My story

- April 2017 – return to work
- May 2017 – sit exams
- June 2017 – Launch Windmill Fundraising Campaign
- July 2017 – spinal radiotherapy
- December 2017 – minor breast surgery
- Complete pathological response and approval to return to sport

# The DON'Ts

- DON'T let phobias rule your life
- DON'T be arrogant
- DON'T take your health for granted
- DON'T forget to have time for yourself

# What got me through this

- Hope
- Friends and family
- World class medical and surgical care
- Something to focus on

# Learning for leadership

- Two-way support
- Take counsel from others
- Sharing my story to stop others making the same mistakes
- Wellbeing initiatives at the heart of all we do



# Learning for life

- Focus on today and not tomorrow