
Critical Success Factors for Work, Life and Leadership

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May 27, 2015



Agenda

- **Personal and Professional Journey**
- **Critical Success Factors for Work, Life and Leadership**
- **GROW into your successful future**

Florence DiStefano Hudson – Personal Career Path

▪ Education

- Princeton University, Bachelor of Science in Mechanical & Aerospace Engineering
- Executive Education: Harvard Business School and Columbia University Business School

▪ Work

- Internet2 – Senior Vice President and Chief Innovation Officer, March 2015 to present
- IBM - Sales, marketing, development, channels, HR, strategy, executive, travel to 20 countries, 1981-2015
- Hewlett Packard, 1980-1981
- Summer internships at Grumman Aerospace and NASA Jet Propulsion Lab, 1976-1979

▪ Boards

- Princeton University - Technology Advisory Council, 2009+, Civil & Environmental Engineering Advisory Council 2012+, Infrastructure Master Plan Advisory Council 2015+, Class President 2010-2015
- Connected World Magazine – M2M / IOT Security Advisory Board – 2014+
- IEC Electronics Corporation, Board of Directors, Compensation Committee – 2012 to 2015
- Society of Women Engineers, Board of Directors - 2005-2006, Board of Trustees - 2010-2013
- SHORE - Sheltering the Homeless is Our Responsibility – Board Member, Vice President 2008-2011
- Juvenile Law Education Project – Past President of the Board, Sustaining Board Member since 1990

▪ Honors and Awards

- 2014 Connected World Magazine Women of Machine to Machine (M2M)
- 2012 TEDx talk “Sustainability on a Smarter Planet”
- 2011 Executive in Residence at Adelphi University School of Business
- 2008 Society of Women Engineers Upward Mobility Award
- 2007 Wise Wonderful Women of Westchester, New York
- 2004 IBM Emerging Business Opportunities Harvard Case Study
- 1976-1980 – Grumman Scholarship, Princeton Scholarship, SWE Scholarship

Critical Success Factors for Work, Life and Leadership

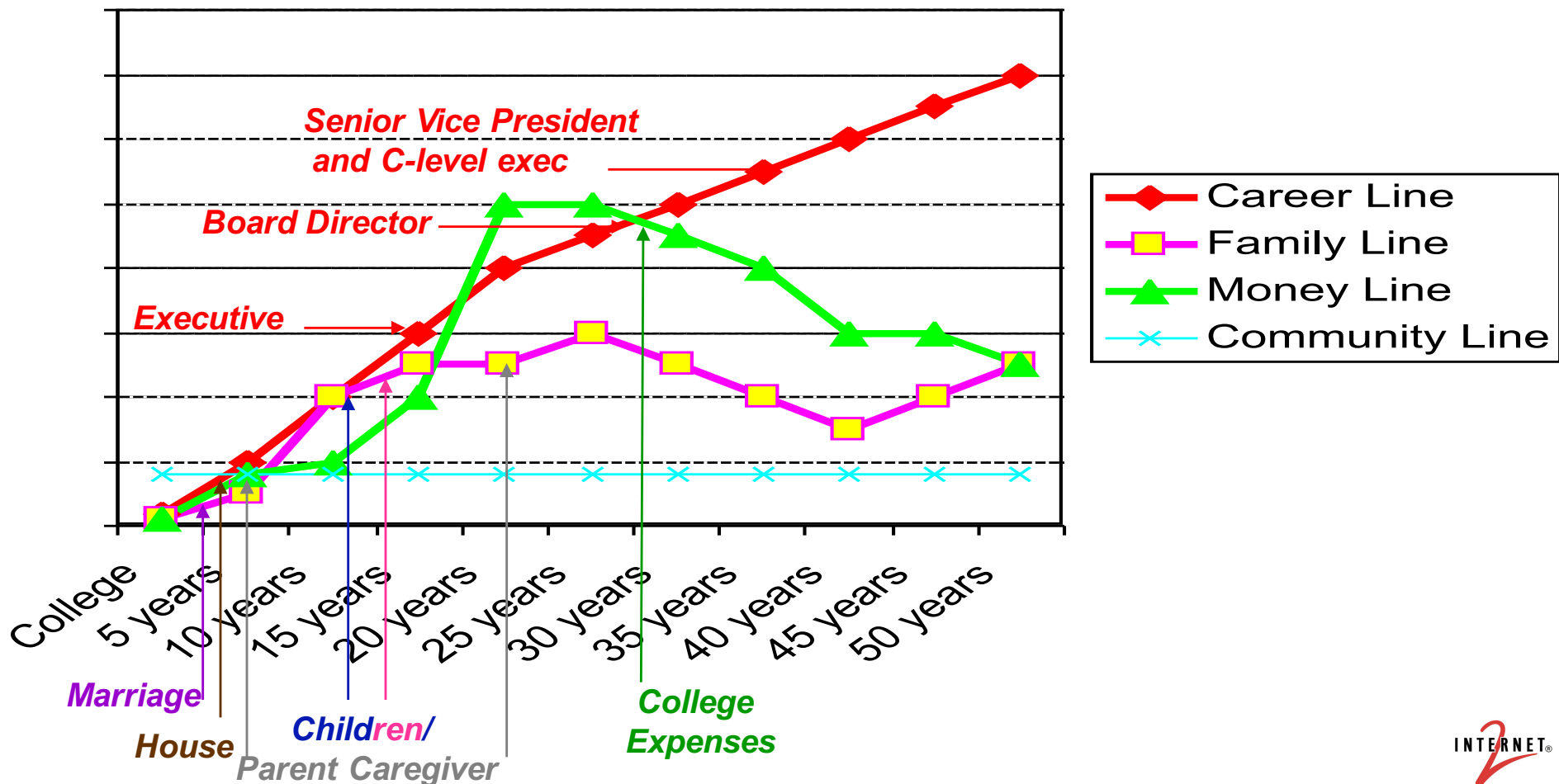
- **Plan your life to achieve your purpose**
 - Determine your work and life goals
 - Balance, and rebalance
- **Build your skills**
 - Technical skills – continually become an expert in your area of interest
 - Communications skills – written, verbal, on-line
 - Collaboration skills - teamwork, teambuilding
 - Business and financial skills
 - Leadership skills
 - The 3 R's: Respect, Responsibility, Reliability
- **Build your support network**
 - Mentors
 - Networking
 - Personal "cheerleaders"
- **GROW into your successful future**
 - Believe in Yourself
 - Live your values
 - Passion to succeed

Plan your life to achieve your purpose

Life Lines: Plan and project the general timing of the facets of your life

- **Career:** Goals and milestones
- **Family:** Goals and milestones
- **Money:** Necessities and timing
- **Community:** Timing and commitments

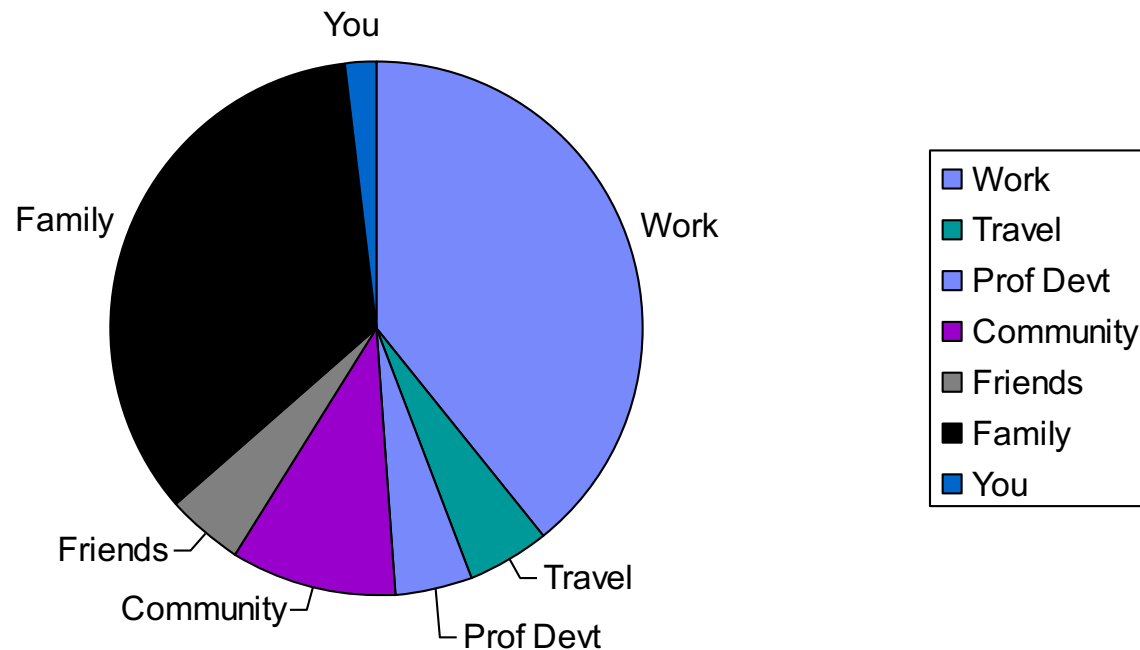
My Life Lines



Slicing the work/life pie for success

- Create and asses your work/life pie as it exists today
- Determine if your real priorities are reflected in how you manage your time
- Determine what you want to change
- Make time for yourself to decompress, relax, assess, think, ...
- Remember...Everything you do .. means you don't do something else
- The pie might look different from day to day...but what is the overall view...
- Balance, and rebalance...sometimes every day is a rebalancing act...

Work and Life Pie



GROW into your successful future

▪ Determine your **Goals**

- Work: Role, title, salary, where, when
- Family: Time, activities, size
- Friends: Activities, time
- Community: Activities, time
- You: Health, hobbies, priorities...Happiness

▪ Assess your current **Reality**

- Work: Role, title, salary, travel, devt
- Family: Time, activities, size
- Friends: Activities, time
- Community: Activities, time
- You: Health, activities, hobbies, Happiness

▪ **What are your Options for growth, and What new actions will you take?**

- *Work: Professional development, new position, promotion potential, travel*
- *Family: Make time, plan activities, relax, enjoy, appreciate, love, have fun 😊*
- *Friends: Schedule time, fun activities, build and nurture friendships - old and new*
- *Community: Choose activities, increase or decrease time*
- *You: Exercise, diet, simplify, rest, activities, hobbies, peace, happiness*

Steps to meet your goals

1. Assess your plan and progress – annually or when you feel the need to
2. If it is working for you, keep doing it!
3. If not, determine what you need to change and make the change
4. If you need help to change and make progress, reach out to your support network
 - Friends, family, mentors, coworkers, partner, spouse, outsourcers
 - Use resources and programs available to you
 - Ask what else is available
5. Make the change...for example
 - Assess how you manage your time – and make changes
 - Identify leaks of your time, govern access to your time, make time for important things - including You
 - Renegotiate with yourself and others to re-allocate your time
 - Assess what you do and don't do – and make changes
 - Simplify, Substitute, Get Help – outsource or insource -- cleaning, cooking, laundry
 - Let things go
 - Balance, and rebalance

Reach for the Stars - Be a Star



A star is not something that flashes through the sky.

It stays in place and gives off a strong, steady glow.

A star always works at being a star.

Stars never take themselves for granted.

That's why they're stars.

*“Don’t go where the path may lead,
go instead where there is no path and leave a trail.”*

- Ralph Waldo Emerson (1803-1882)

Thank you very much !



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