



## **Why I Serve**

Vicki McCoy, MA; Chair, Board of Directors

As a member of the Board for the Foundation for Self Leadership, I was equally honored and saddened to step in for Dr. Harley Goldberg in December 2019. As Chair, Harley led the Board to a new place of clarity around its mission and priorities, with support from our Executive Director Toufic Hakim. Harley and his wife, Miriam, are now focused on Harley's health challenges; and so all of us on the Board now pick up the mantle with love and respect and prayers for them on this new journey. We know that no matter what else is happening, the potential for Self Leadership in all our circumstances is possible, for Harley and Miriam and for each of us. And that, in a nutshell, is why I serve.

I was introduced to the Internal Family Systems model and the Self Leadership concept more than a decade ago at a retreat in Maya Tulum. It was life-changing. I said to Dick Schwartz, PhD, at the time, "This is therapy that works. It could put therapists out of business!" His response was, "That's the idea." While all of us agree that, hyperbole notwithstanding, the work of our wonderful therapists will always be essential, the desire of all of us is to find and share an understanding of ourselves that can sustain us and lead us moment by moment, day by day. The Foundation's vision is a vision shared by all of us who see Self Leadership as a paradigm that can be applied not only in therapy but also in all other aspects of our lives—how we interact with one another, how we raise and educate our children, how we lead our organizations or our nation. Our shared vision is to "Take Self Leadership to the world," and why wouldn't we want to share the good news when we know the positive impact it can have to increase compassion and reduce confusion in our world.

Now, in the time of COVID-19, our message is more relevant than ever. Many parts are activated in each of us, including a worried part that is running silently like an anti-virus software in the background of the ultimate personal computer, our mind. We are blessed to know that worry, too, is a part; and that no matter what befalls us, we have the power of choice as to what part leads. As Victor Frankl said, everything can be taken from us "...but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances to choose one's own way." As we bring Self Leadership to a hurting world, we increase the capability of each person to choose her or his own way. We comfort one another with the truth that no matter what our circumstances, Self is ever-present and can be counted on to bring our parts into harmony if that is the way we choose.

As the Chair, I speak for all of us on the Board of the Foundation for Self Leadership when I say that our greatest desire is to be both partners with you and of service to you. We want to know how best we can support you in taking Self Leadership to your corner of the world. We want to hear from you and be guided in our actions by your needs and priorities. Our mission is large. Our shared vision even larger. It will take all of us, but together, I believe we can change the world.

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