

A black and white portrait of Maryle Malloy, an older woman with short, light-colored hair. She is looking directly at the camera with a slight smile. She is wearing a dark, patterned shawl or cardigan over a dark top. A large, ornate necklace with a central pendant is visible. The background is a textured, slightly out-of-focus surface.

Maryle Malloy

A Seat at the
TABLE

How I found my WHY at age 79

HOW I FOUND MY WHY AT 79 YEARS YOUNG

As a former manager and leader in three diverse industries, I struggled for many years to become a manager and leader worthy of the title and the right to lead. With literally hundreds of workshops, seminars, and continuing education courses under my belt, I gained knowledge and a bit of wisdom, but something was always missing. However, I realized that I learned the most from the people I worked with, from my colleagues, my peers, and those on the frontlines. I learned from my mistakes and theirs as well.

Here's a short story about how I found the missing piece to my "leadership puzzle." In 2004 I began working in a small community in northern New Mexico with two OB/GYN physicians, a General Practitioner, and the local hospital to form the Women's Health Institute. We opened the doors in a beautiful new building that Spring.

To serve the community and outlying areas, it was apparent that we needed additional OB/GYN physicians to support 24/7 care. So, we decided to hire locum tenens. One of the OB/GYN locum tenens who joined us eventually accepted a full-time position with a hospital in southern New Mexico.

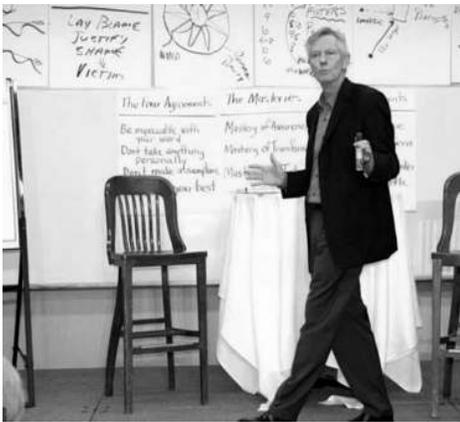
In 2005, he and several Gila Regional Medical Center nurses visited the practice. As we sat around the table, enjoying a meal together, one of the nurses asked me, "do you know about the Four Agreements? * I'm sure my jaw dropped as it was a question I never expected.

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It just so happens that not only was I familiar with the book and the writings of don Miguel Ruiz, I am a huge fan. At any rate, dear reader, I leave it to you to venture into the Four Agreements for yourself. Back to my story.

I told her I was very familiar with the book and asked her why she asked me that question. She answered that their team was working with a healthcare leadership consultant from California who taught them systems-based management techniques combined with conscious leadership principles. His name was David Dibble, and his body of work was called The New Agreements in the Workplace.

I knew that I wanted to meet David Dibble and learn more about his work. I contacted him and obtained permission from the CEO at Gila Regional to visit and sit in on team training sessions.



After spending two days with David, I realized the New Agreements tools and techniques were the blueprint for a management system that could transform any organization.

David was getting ready to launch his first Trainer Certification program. I immediately signed up and traveled to California one weekend a month for the live training sessions for the next six months.

I was certified to train The New Agreements in the Workplace in December 2005.

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Fast forward through the years to 2021. After my certification, I implemented the NAT into the Women's Health Institute and in 2009 left to take a position working with several veterinary hospitals in southern



California. Here, I handled mergers using the New Agreements system, taught and trained managers, and began consulting in veterinary management using the New Agreements Systems tools.

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In November 2012, I semi-retired, leaving a full-time position as a 24-hour Veterinary Emergency and Specialty hospital manager in the Seattle area, and moved back to New Mexico.

Lord have mercy! I was not cut out for retirement either physically, mentally, emotionally, or financially. I spent the next several years creating a branding and marketing agency – that's my Wide Web Advisor, LLC. I also accepted a limited number of consulting gigs, bringing much-needed HR support and New Agreements systems training to several small businesses.

When COVID hit, everything changed for me as it did for the entire world. It was a time for deep reflection; who am I, why am I here? I can tell you that my search for meaning and a spiritual path has been part of my life since I was a child. So, I turned inward, relying on prayer and faith, with the full and certain knowledge that I would receive the answers.

HOW I FOUND MY WHY AT 79 YEARS YOUNG

I needed answers, I needed direction, I needed guidance! For three days, I asked, and one morning I woke with the words running through my head, "go back to the New Agreements." Honestly, I didn't want to hear that. I knew what it would take. At 79, did I have the energy? Then I looked at President Biden; he and I are the same age, so I said to myself, "pull up your big girl pants; if Biden can do it, so can Malloy." At that moment, I knew I would receive everything I needed in the way of physical, financial, and emotional support to begin the work, my swan song, my gift, my WHY of serving in these last years of my life.

In August 2021, I launched Optimum Practice Solutions, Organizational Management System. It includes four modules, with the foundation being the New Agreements 3D Systems-Management tools and techniques. The New Agreements 3D system is a blueprint for the bottom/up systems management process that leads to transformation and healing for any organization.

All my efforts focus on helping veterinary and medical practice leaders understand, implement, and use this management system that reduces stress in the Workplace, creates a culture of respect, solves any problem from the bottom/up, and provides a solid foundation return on investment.

To learn more about Optimum Practice Solutions visit <https://optimumpracticesolutions.com>.

To learn more about David Dibble, his work, his books, and his training certification programs, visit <https://thenewagreements.com>

To learn more about The Four Agreements and the body of work from don Miguel Ruiz, visit, <https://www.miguelruiz.com/>



Organizational Management System with the New Agreements 3D Systems-Management tools at its core. The New Agreements bottom/up, servant leader model's tools and techniques are a blueprint for transformation and healing of any organization.