

FEAR FACTOR



Fear = anxiety + uncertainty

Where is the most valuable real estate in the world?



Contagion in organisations



Mirroring

Anxiety and uncertainty antidotes

Anxiety antidotes:

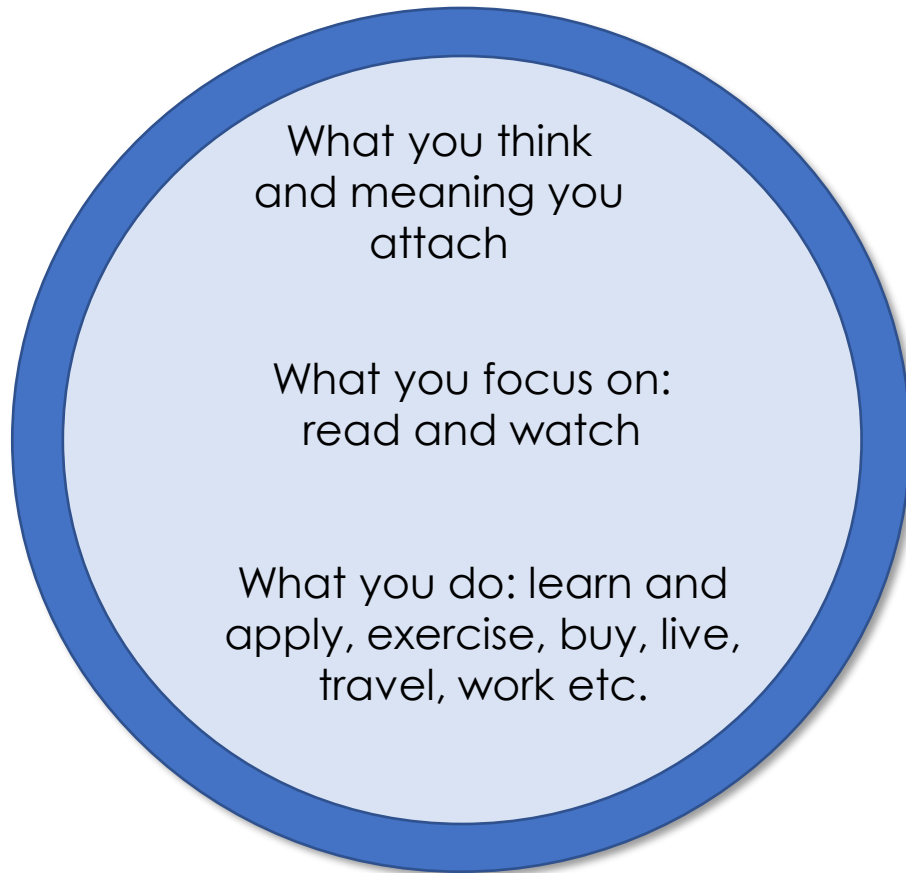
- 1) Circle of influence (limited time and energy)
- 2) Reframing trauma (stress is perceptual)
- 3) Mindfulness (perspective)

Uncertainty antidotes:

- 1) Trifecta alignment (knowables and direction)
- 2) Progress principle (small wins)

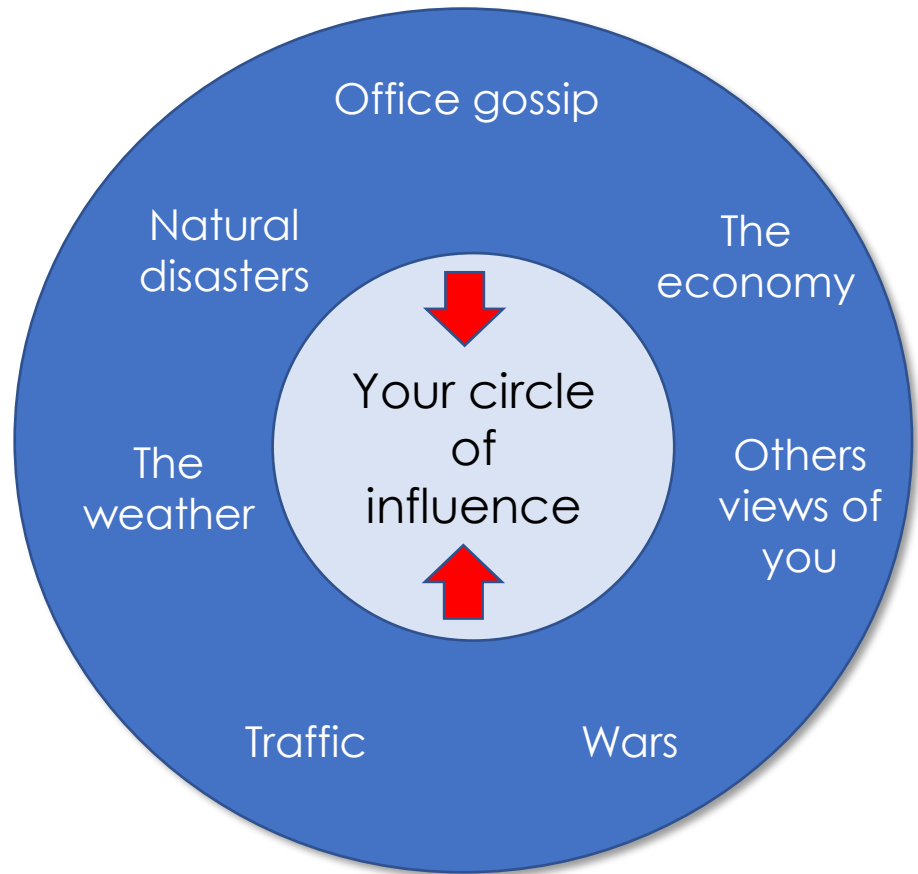
Circle of influence

Circle of influence



Empowered

Circle of concern



Disempowered

Post Traumatic Growth

- Unpack the ways in which you have found a **different perspective** on life with new opportunities?
- Identify the things you did to survive what happened that showed you **strengths within yourself** that you didn't know you had?
- Name what you are most **grateful** for, what you have and for those around you?
- Describe the ways in which **your relationships** with family and friends have been strengthened and deepened in intimacy?

Mindfulness

- **S**=Stop
- **T**=Take a breath
- **O**=Observe
- **P**=Proceed



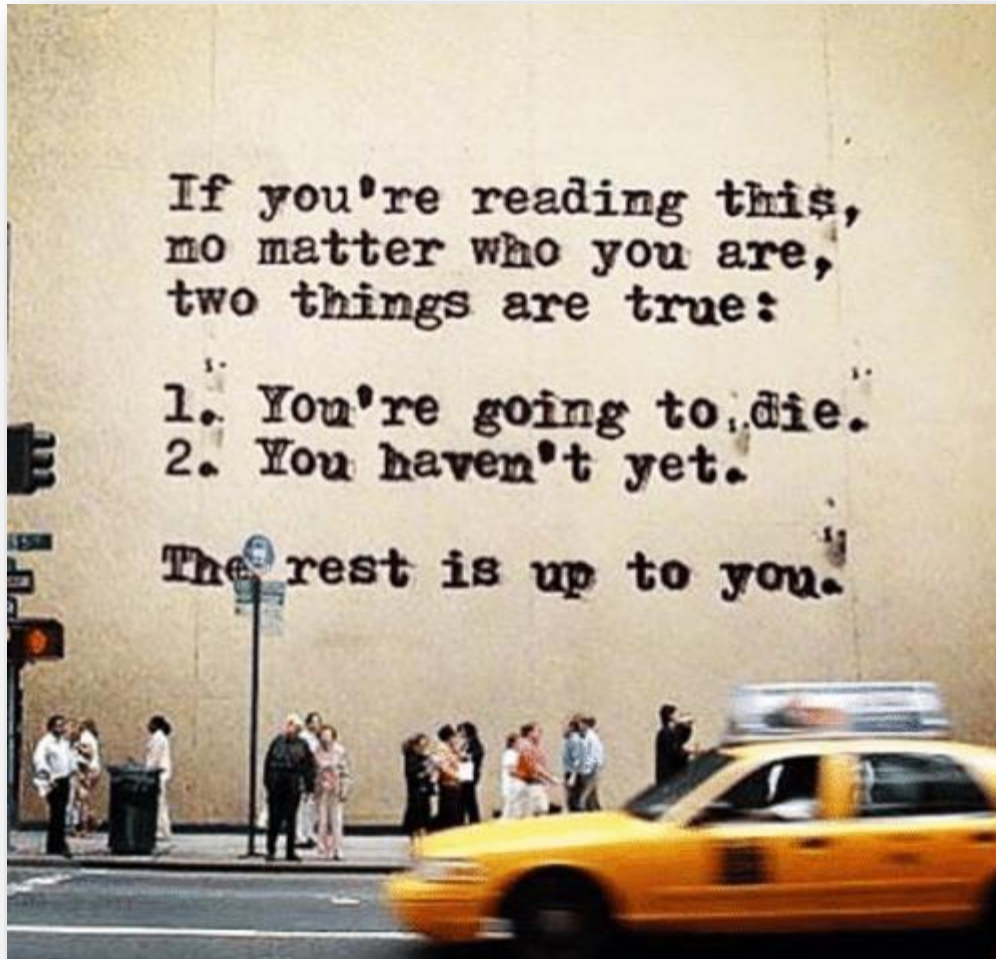
In the moment-lessons from Navy Seals



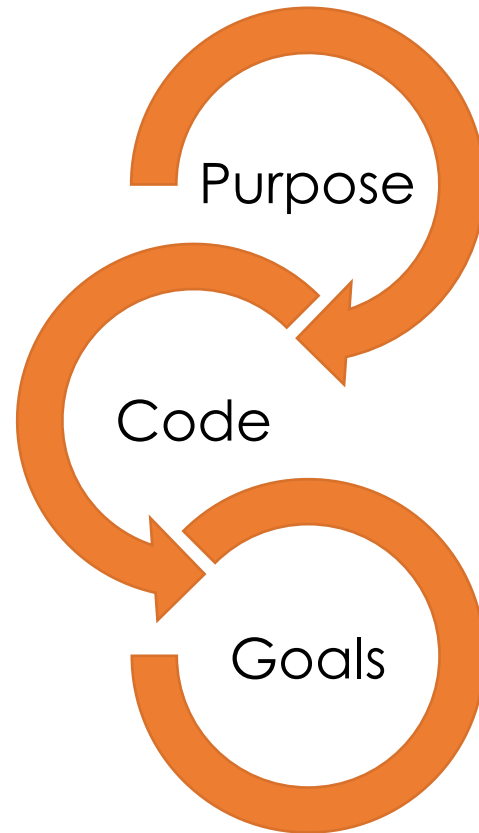
A man in a military uniform, Roger Herbert, is shown from the chest up, speaking. He is wearing a tan short-sleeved button-down shirt with a name tag that reads "ROBERT". The background is a blurred field of green and brown vegetation under bright sunlight.

ROGER HERBERT
COMMANDING OFFICER, NAVY SEALS

CERTAINTY



THE Trifecta



“The unexamined life is not worth living.” Socrates.

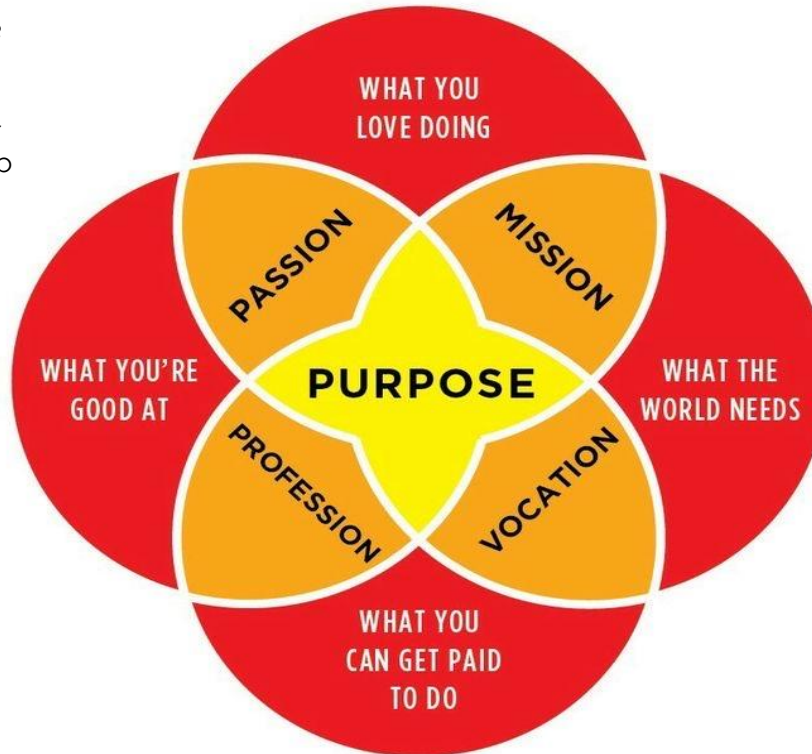
Unlocking your transformative Purpose

(the Performance axis)

LOVE DOING:

- When do you come alive or feel in flow-lose track of time?
- What were you truly passionate about previously?
- Does this choice elevate your experience e.g. from just a job to a calling?

“WHERE THE NEEDS OF THE WORLD AND YOUR TALENTS CROSS,
THERE LIES YOUR VOCATION.” —ARISTOTLE



LAUREN PANEPINTO FOR MUDDY COLORS

GOOD AT:

- What skills have you worked hard @ developing?
- What unique talents do you have that come naturally to you?
- What are you truly excellent at doing? (Get others to tell you.)

WORLD NEEDS:

- What is the opportunity/challenge you are seeing in the world/community?
- What change would you like to see in the world/community?
- How will you add value to the world/community?

PAID TO DO:

- What are your material expectations in terms of wealth?
- What service or offering do you bring/could bring that would have value for others?
- How are you different from other people who are doing similar things?

Code - my example

My Purpose in life is: “Be Lite.”

The principles by which I would like to live my life: lead by example; pain of discipline is preferable to the pain of regret; always stay curious.

The lasting value contribution I would like to make to:

- Myself: Light-en workload...nurture all 4 NB aspects of my life: Physical, mental, socio-emotional and spiritual.
- Family: Light the fire...love of health, knowledge and proactive attitude.
- Friends: De-light... sow memories by having fun.
- Work/clients: Shine light...on people's unique strengths.
- Society: Create light... through research insights.

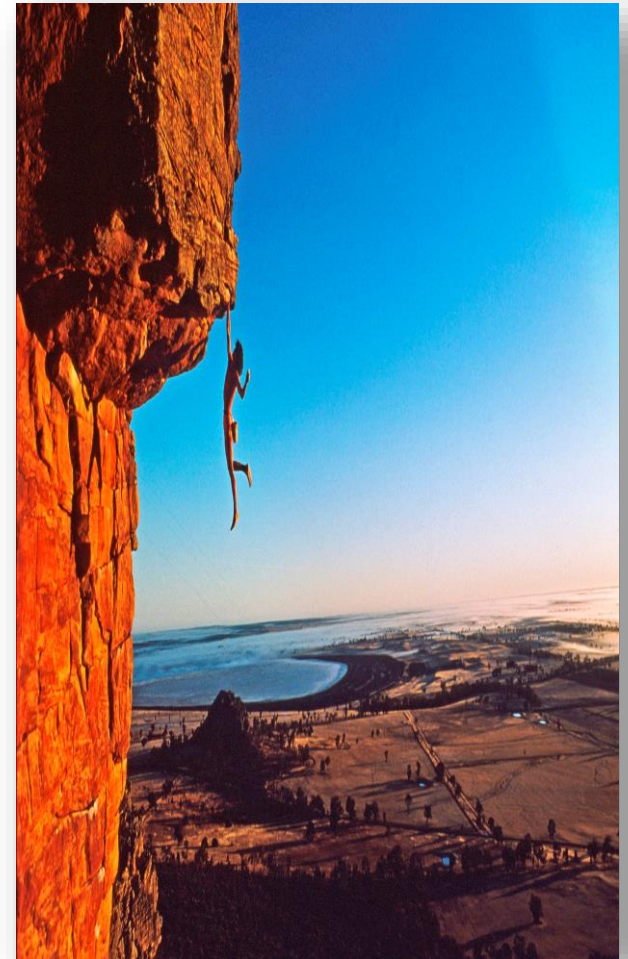
Progress principle

(nice do with a buddy-rotate buddies every 3rd day)

Objective: Focusses and keeps you accountable re your progress

Questions to answer:

1. What were your key goals?
2. How much progress did you make on those goals?
3. How did you ensure you stayed motivated?
4. How have you created meaning in your work?
5. How have you built good team relationships?
6. What one small thing can I do tomorrow that will make me more likely to succeed in future?



In closing...

“The mind is its own place, and in itself can make a heaven of hell, a hell of heaven..” John Milton

Additional resources:

Fear factor: winning the mind battle:

<http://synenergy.world/?p=386>

Living on Purpose:

https://www.slideshare.net/MarkOrpenLlyall/living-on-purpose-2020?qid=85eec704-492a-4032-9004-95bff8dc1406&v=&b=&from_search=1

Organisational resilience:

<http://www.talenttalks.net/dr-mark-orpen-lyall-stress-societies-misunderstood-bad-boy/>