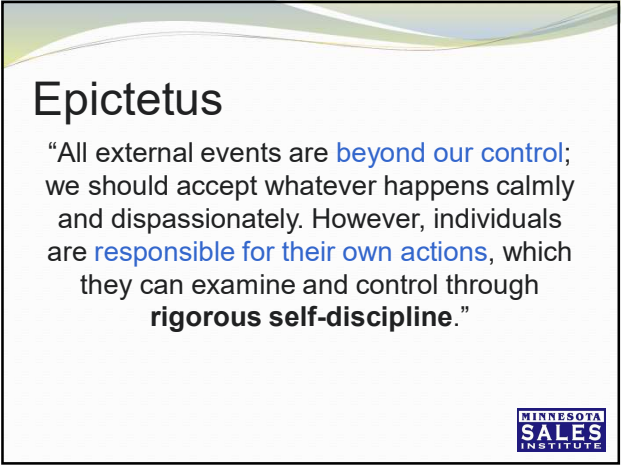
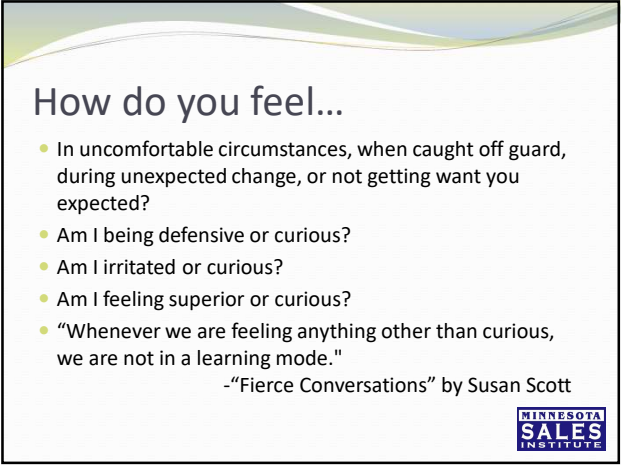


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How do you feel...


- **People don't fear change – they fear loss.**
- Loss of control
- Loss of predictable
- Loss of feeling productive (Terry Wu)
- Do you want relief or a cure? (Covey)
- **Change is inevitable – Growth is optional.**
- **Change begins with Awareness.**
- **Growth only occurs with Self-Awareness.**
- Everything that has a beginning has an ending!



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Framework to Control your Stressor!


1. Control
2. Resilience
3. Evidence
4. Environment
5. Duration



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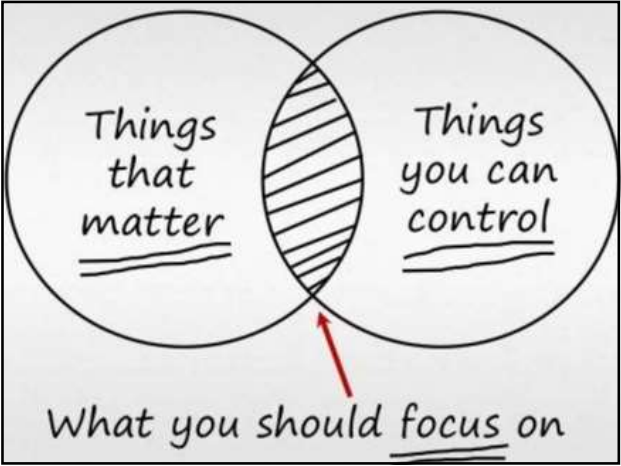
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Control

1. What can you control?
2. What options do you have?
3. Are you **creating** options?
4. Are you **picking** options?




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Resilience


1. Do you **have to** comply?
2. Do you **need to** be resilience?
3. Learned Helplessness -> Helpfulness
4. Learned Hopelessness -> Hopefulness
5. If not, Depression is the next stop
6. Burned out vs. "Blown"



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Evidence


1. What evidence do you have of not being in control?
2. What specifically is causing the adversity?



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Environment


1. Where is the adversity (i.e. home, work, groups, locations, etc.)
2. What are the common areas of adversity (time of day, activities, personalities of people, expectations of others, education levels, company, or family seniority, etc.)



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Duration


1. How long will I have to tolerate the adversity?
2. What does recovery look like?
3. What can I do in the meantime?



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EQ

Emotional intelligence is your ability to recognize and understand emotions in yourself and others and your ability to use this awareness to manage your behaviors, priorities, beliefs and relationships with others (professionally and personally).



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Empathic Intelligence

“Social and emotional ability that helps you feel and understand the emotions, circumstances, intentions, thoughts, and needs of others, such that you can offer sensitive, perceptive and appropriate communication and support.”


– Karla McLaren



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What Do You Control?

- React vs. Respond
- Reactive or Proactive
 - Let things happen
 - Make things happen
- Can you control your attitude in uncontrolled environments?
- Can you practice gratitude with every interaction?
- Be present with people who are present?
- **Are you fun to Live with – Work with?**



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“All conversations are with myself, and sometimes they involve other people.”
 - Susan Scott
 Author - ***Fierce Conversations***



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Socrates

“Know Thyself”



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THANK YOU!

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