

**Change your mind
or mind the change**

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A green road sign with the word "Change" written in white, set against a blue sky with clouds. The sign is tilted and mounted on a wooden post. The word "Change" is written in a large, white, sans-serif font. The background is a bright blue sky with scattered white clouds. The sign has a white border and is mounted on a wooden post.

Change

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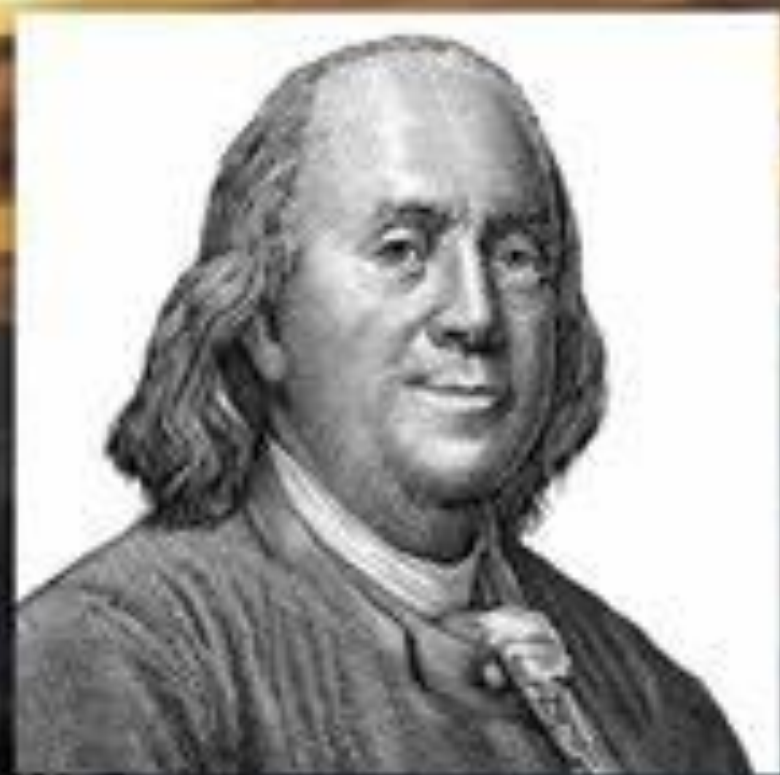


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What are the changes that affect you & your business?

ⓘ Start presenting to display the poll results on this slide.



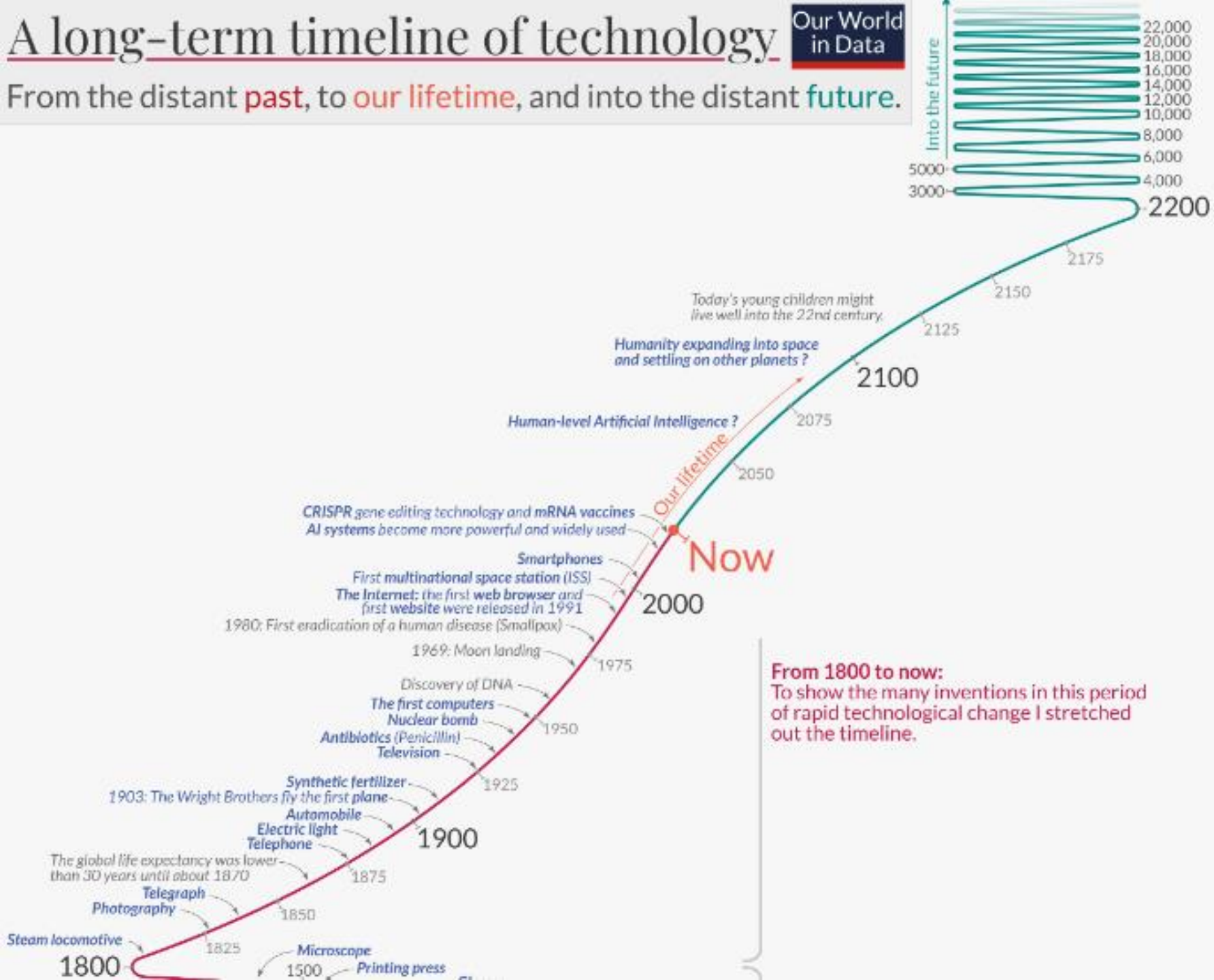
Change is the only constant
in life. Ones ability to adapt
to those changes will
determine your success in
life.

Benjamin Franklin

A long-term timeline of technology

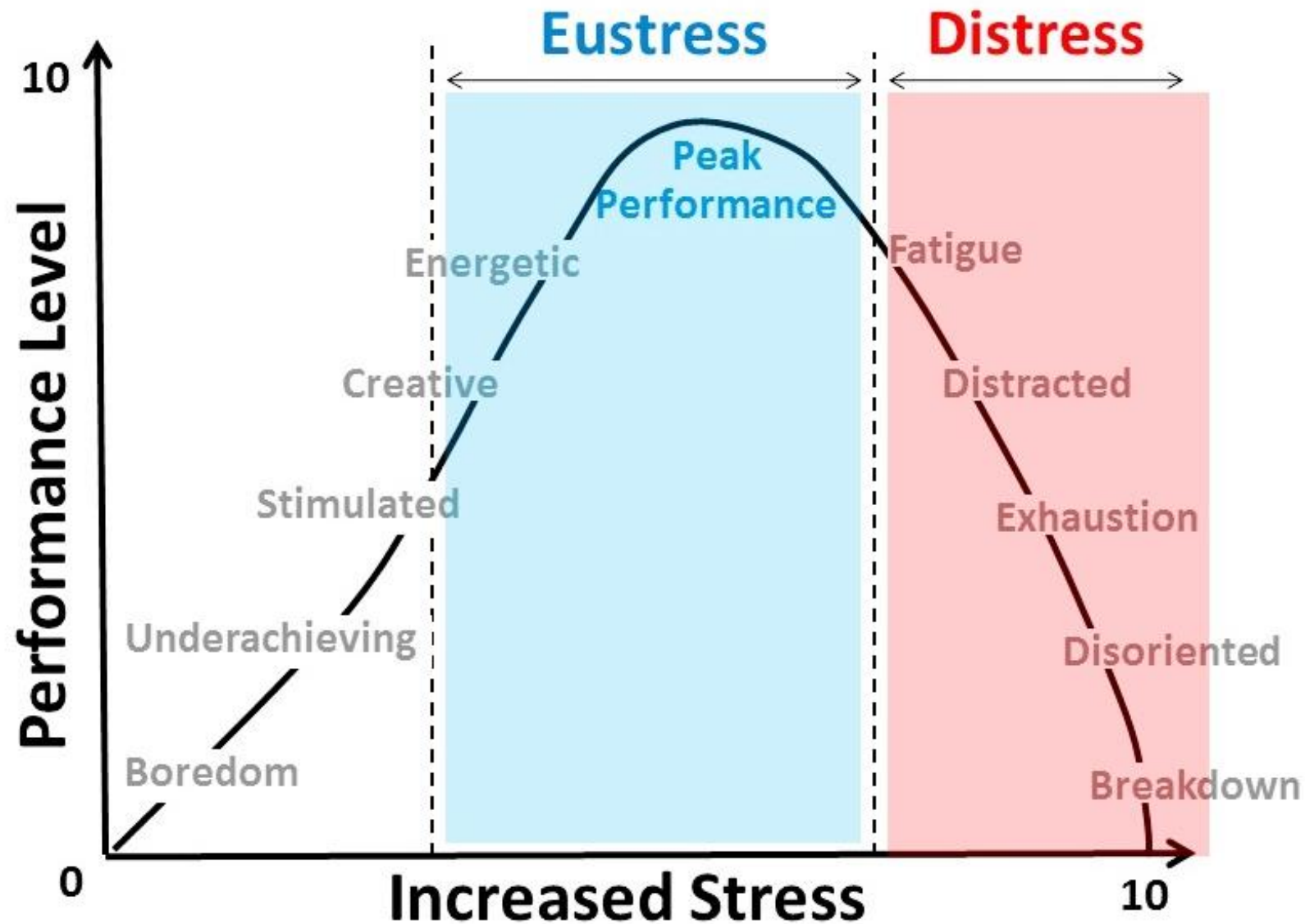
Our World in Data

From the distant past, to our lifetime, and into the distant future.

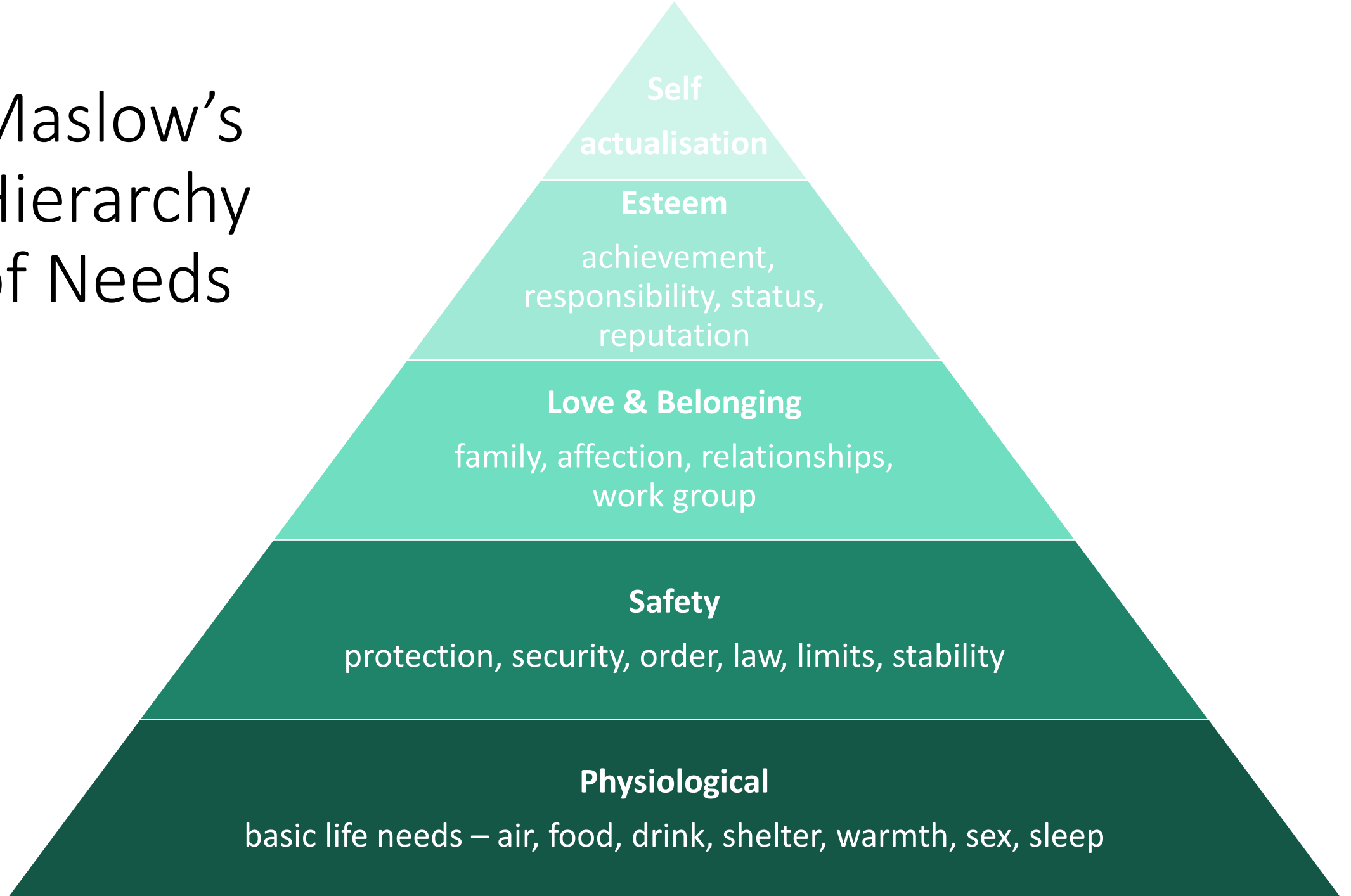


The pace of change is accelerating exponentially....

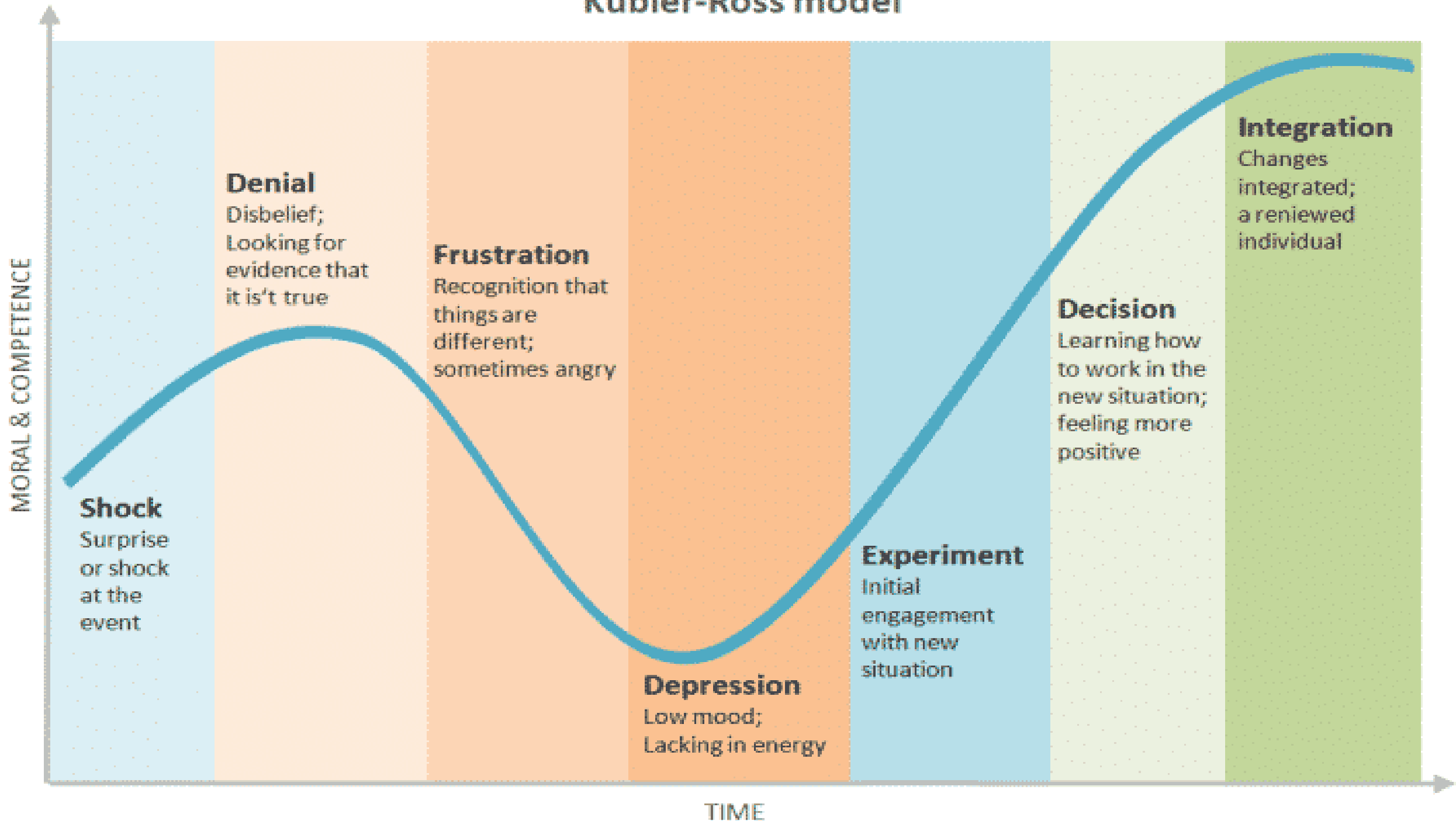
Change causes stress - Human Function Curve



Maslow's Hierarchy of Needs



Kübler-Ross model

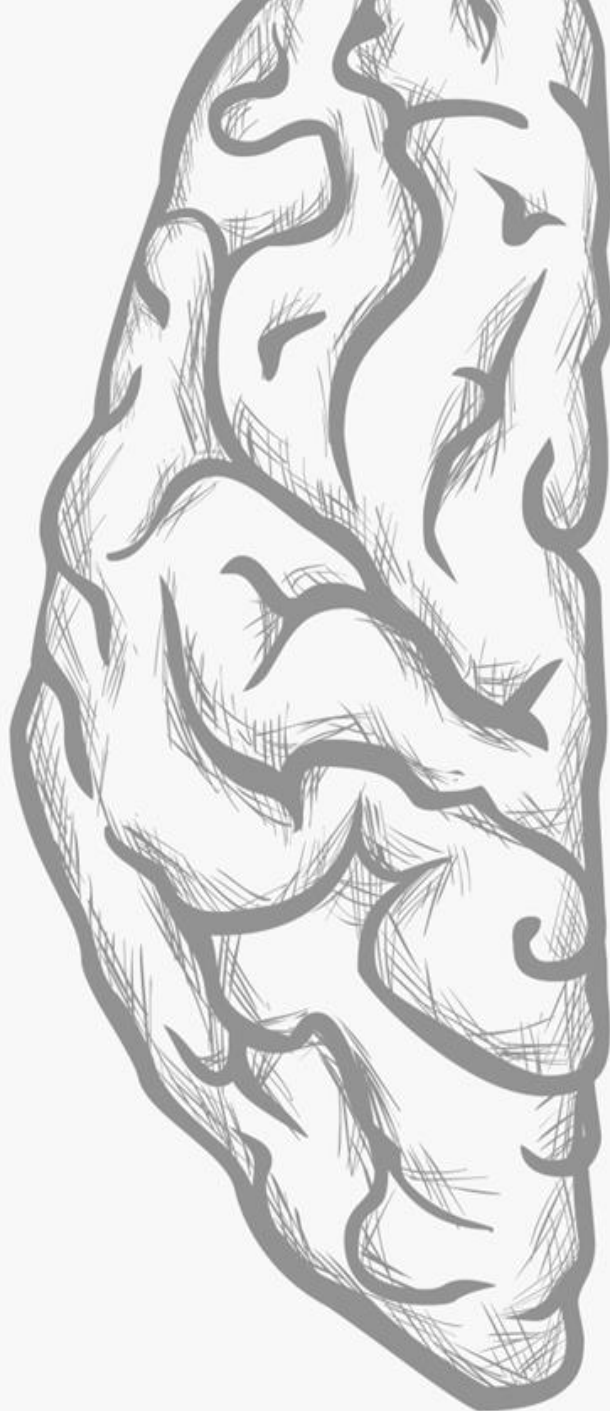




Mindset Fixed or Growth?

Fixed

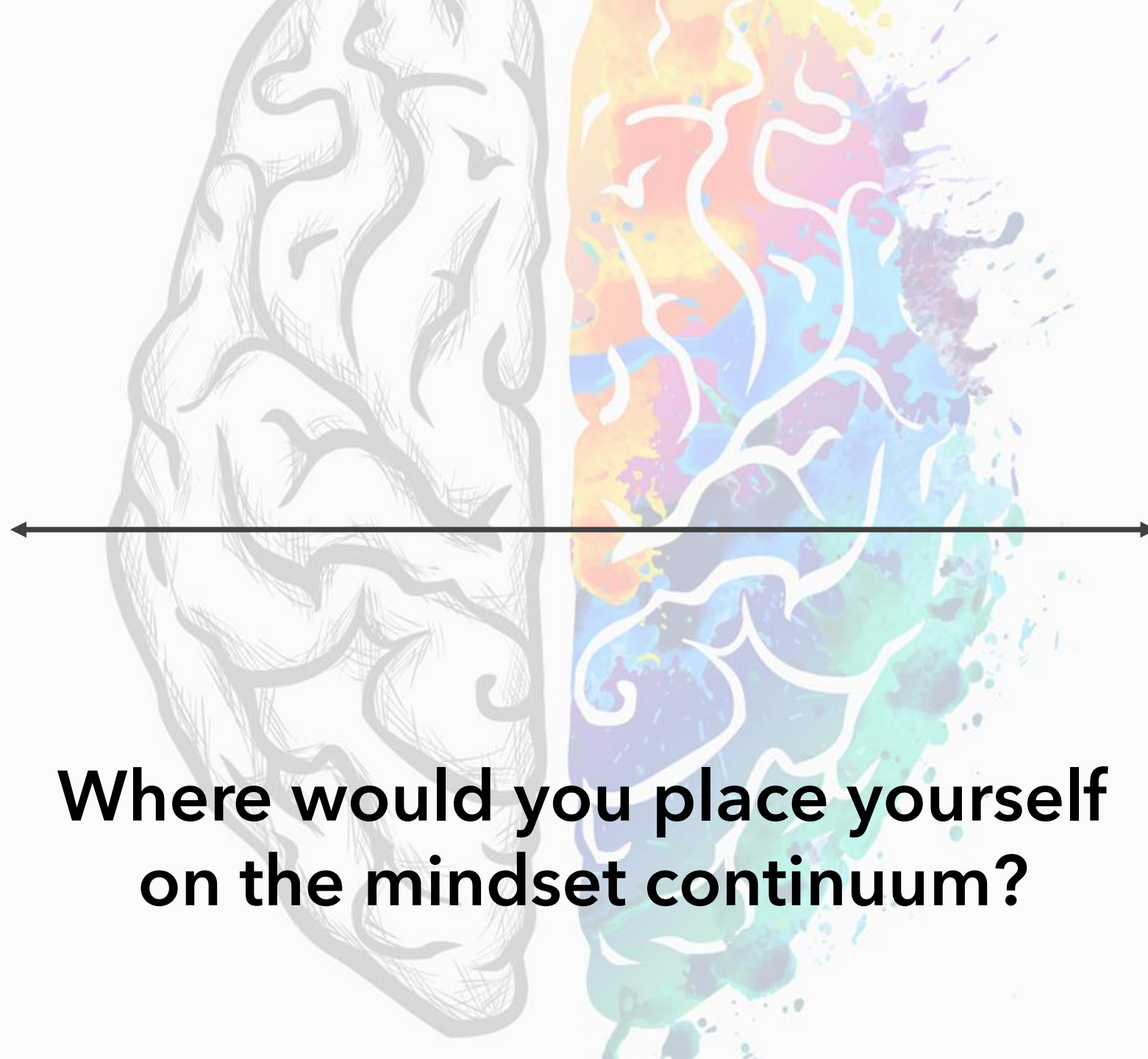
- Avoids challenges
- Shies away from the things they don't know
- Unable to handle criticism or feedback
- Does not carry out any actions without seeking approval
- Focuses on proving oneself
- Threatened by the success of others



Growth

- Sees challenges as an opportunities
- Acknowledges and embraces areas for improvement
- Adapts to the changing environment quickly & positively
- Prioritises learning over seeking approval
- Focuses on the process instead of the end result
- Inspired by the success of others

**Fixed
(1)**



**Growth
(10)**

**Where would you place yourself
on the mindset continuum?**

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Where are you on the mindset continuum?

ⓘ Start presenting to display the poll results on this slide.

Instead of...



Try saying...

I'm not good at this

What am I missing?

I give up

I'll try another strategy

This is too hard

This may take some time

I made a mistake

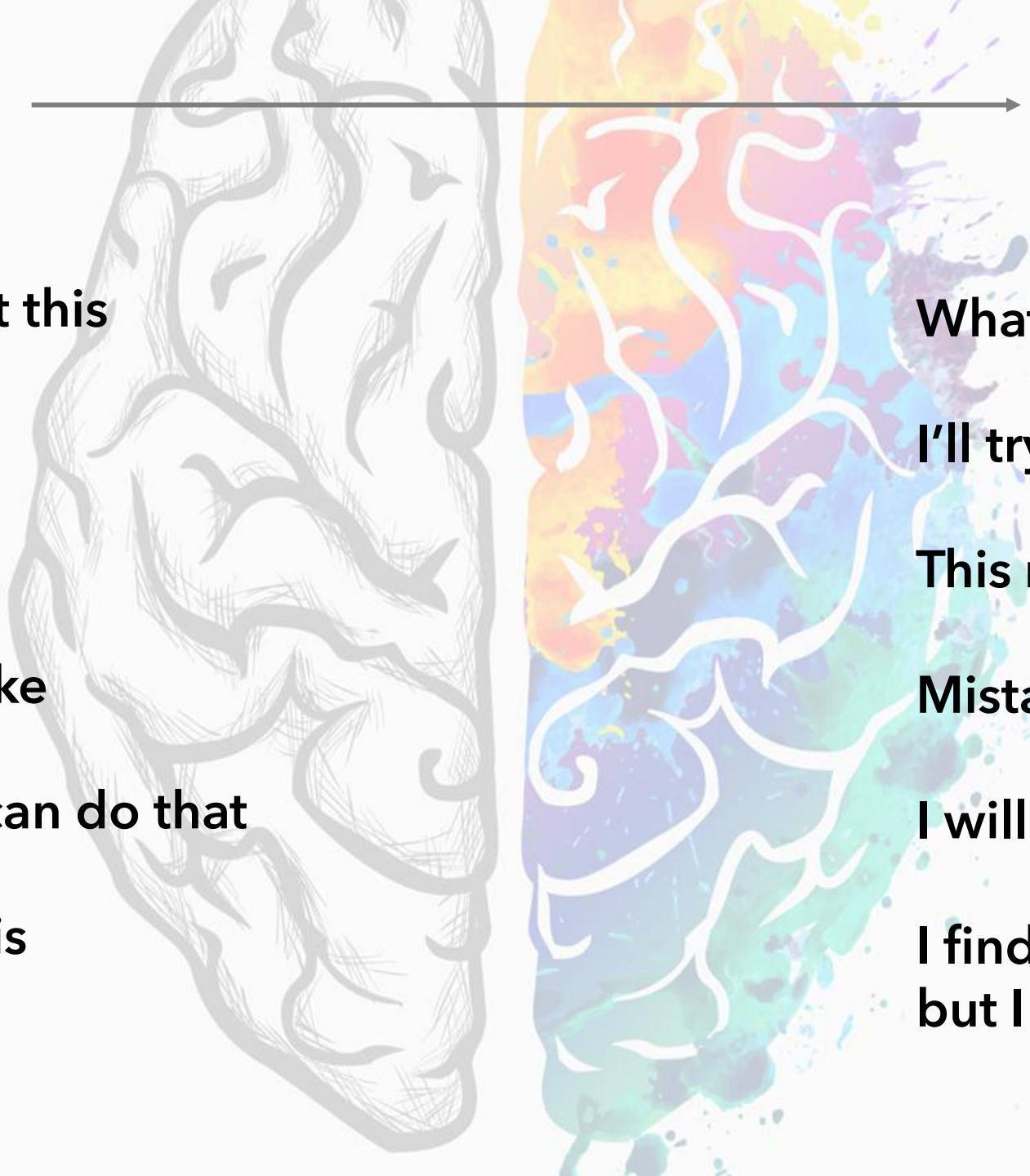
Mistakes help me learn

My colleague can do that

I will learn from this

I hate doing this

**I find this difficult,
but I am capable of doing it**





When you're finished changing,
you're finished.

~ Benjamin Franklin

A silhouette of a tree bending in the wind against a cloudy sky at sunset or sunrise. The tree is on the right side of the frame, leaning towards the left. The sky is filled with dramatic, layered clouds, with a bright light source behind them, creating a golden glow. The foreground shows a dark silhouette of grass.

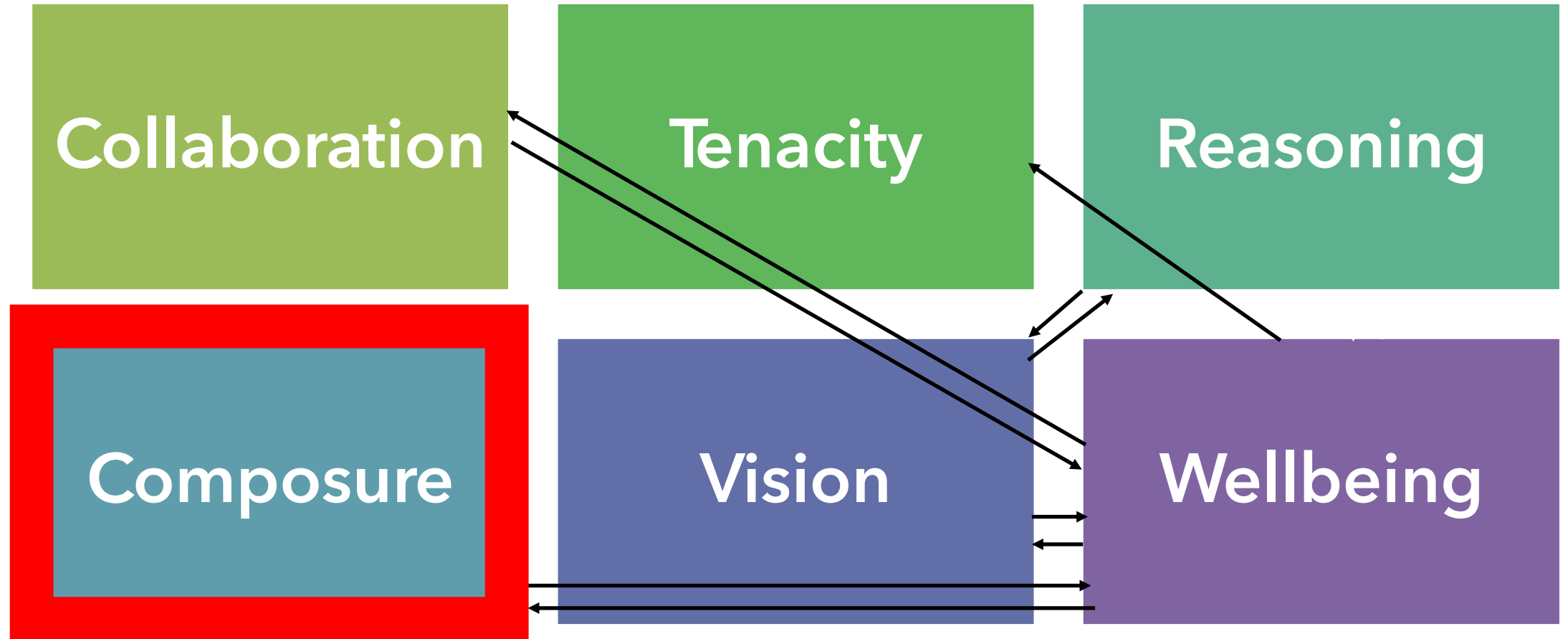
Do You Bend or Break?

RESILIENCE

Building Resilience & Adaptability



The six domains of resilience





Catastrophising

The worst possible thing is about to happen



Personalisation

Thinking other people's behaviour is all about you



All or Nothing

Things are either good or bad, a success or a failure



Mind Reading

Belief that we know what others are thinking & assuming they are thinking the worst of us



Selective Magnification

Only noticing the bad things that happen & ignoring the good things



Unrealistic Expectations

Telling yourself how you 'should', 'must', 'ought' to feel & behave

Wellbeing

“When people are exhausted, they fall into a scarcity mindset (thinking about what they don’t have) and aren’t as adaptable or open to learning.”

McKinsey - 2021

Stress & performance

How full is your bucket?

What do you do to reduce?

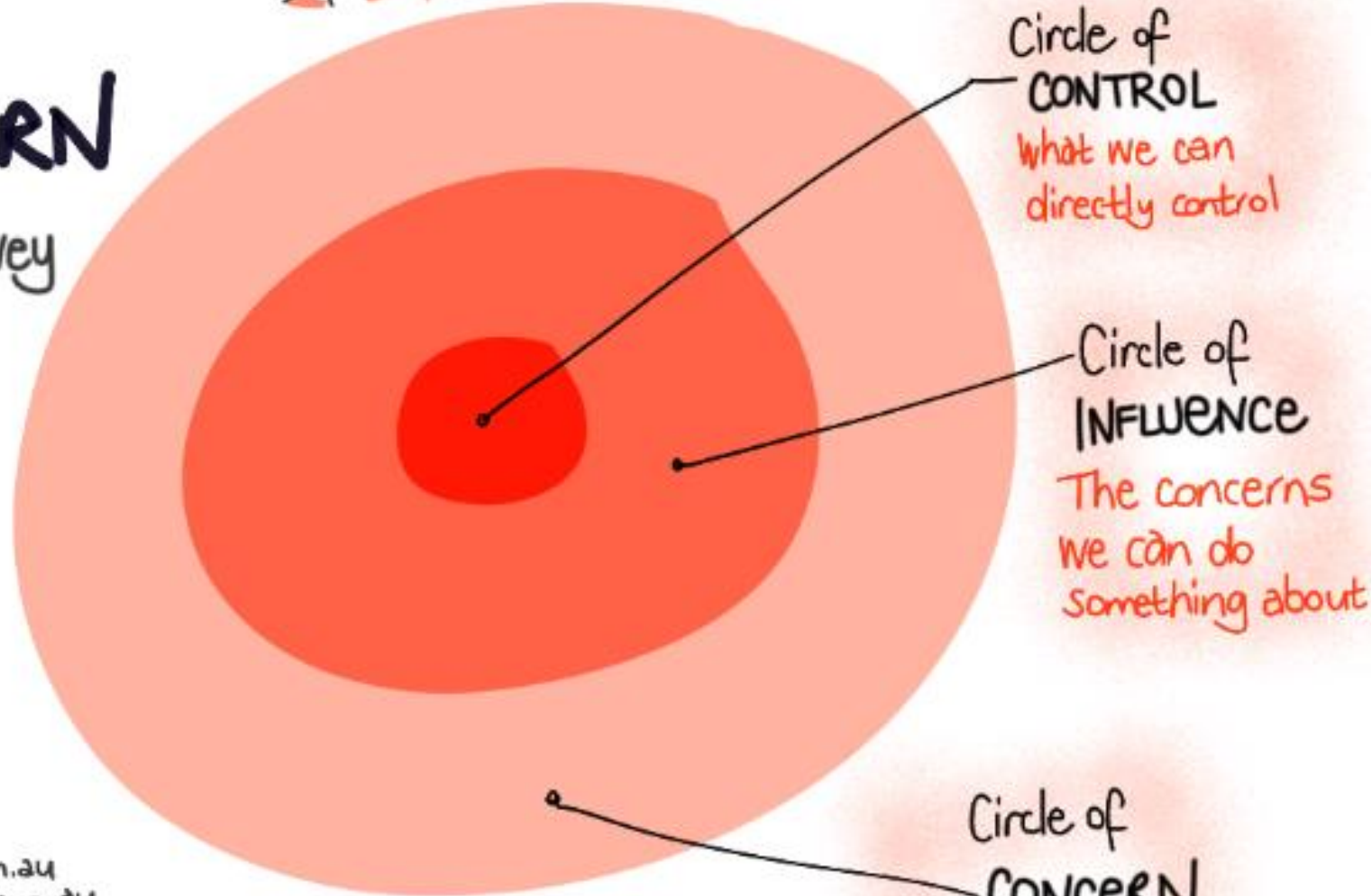


CIRCLE of CONCERN

by Stephen Covey



We need to focus our energies on what we can control + influence!



Circle of CONTROL
What we can directly control

Circle of INFLUENCE
The concerns we can do something about

Circle of CONCERN

Wide range of concerns

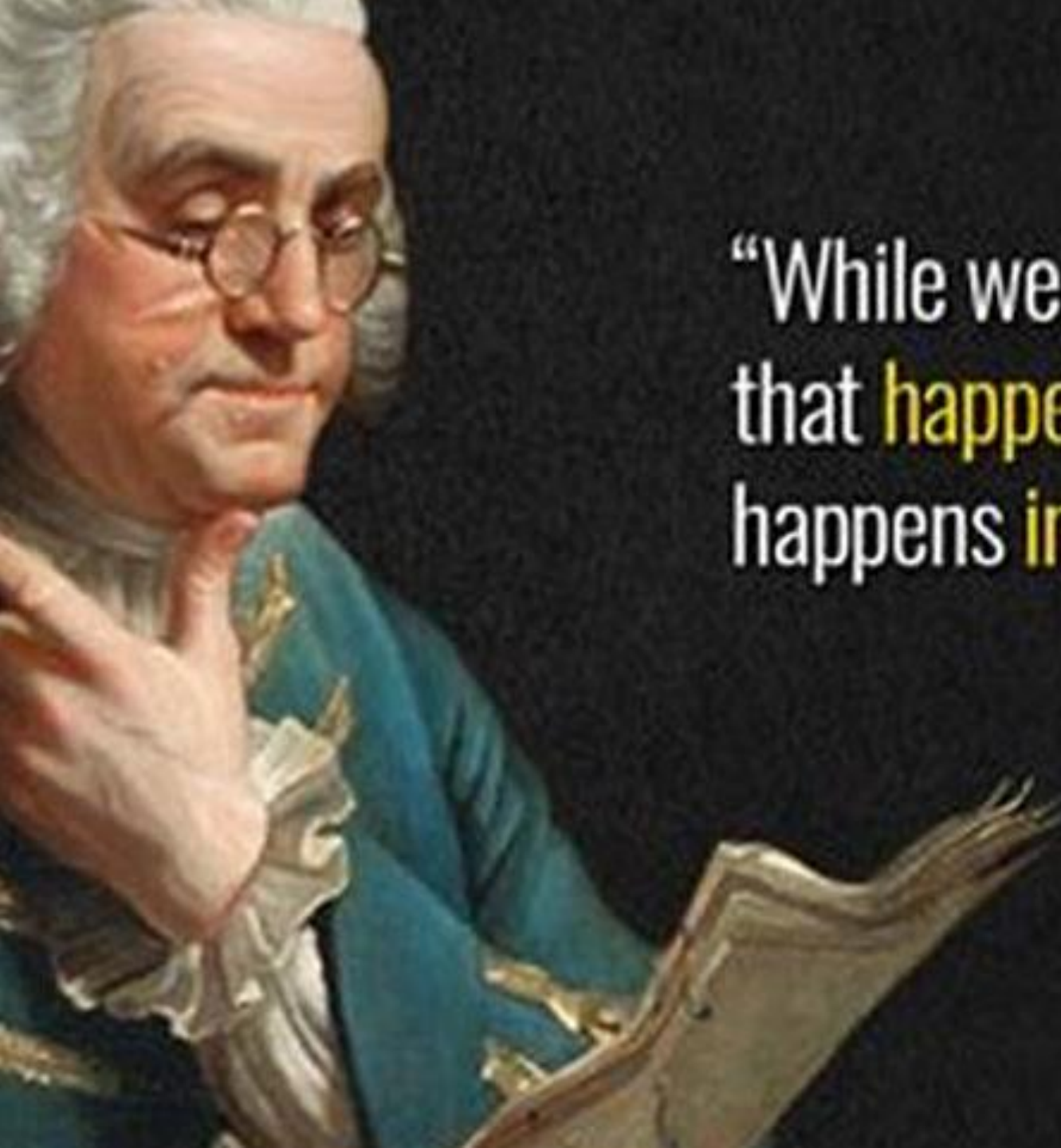
discoveryinaction.com.au
eyesandassociates.com.au

DRAWING



What we cannot control or influence we need to LET GO of!

NOTE TO TECH - CAN WE DUPLICATE THE
WORD CLOUD FROM SLIDE 4 HERE PLEASE?



“While we may not be able to **control** all that **happens to us**, we can control what happens **inside us**.”

Benjamin Franklin