

Time to Shift

*Sometimes the things we can't
change end up changing us*

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Crisis or Opportunity?



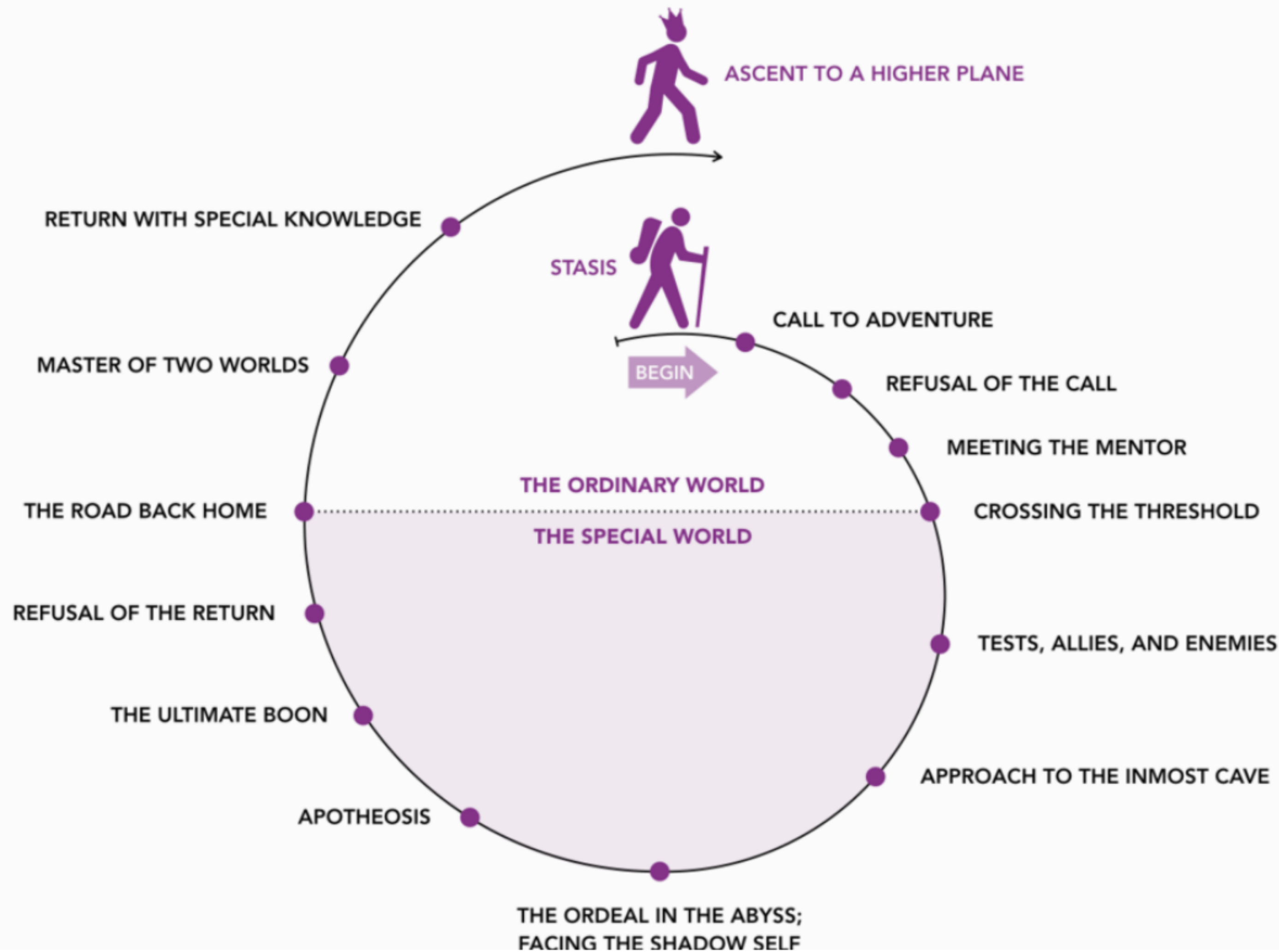
- Normal part of a change process
- Learn, grow and evolve
- Share what you have learned, to help others
- Sometimes it gets worse before it gets better

“We have seen two years’ worth of digital transformation in two months.”
Microsoft CEO Satya Nadella observed in the period immediately following the COVID 19 crisis.



Hero's Journey

Joseph Campbell the hero's journey describes the common template of stories that involve a hero who goes on an adventure, is victorious in a decisive crisis, and comes home transformed.



Reigniting our flame

- We all have our unique flame or our our light - includes our passions, purpose, and strengths.
- Over time, our beliefs and experiences and those of others have laid layers of soot on our lantern.
- We need to explore and begin to remove the soot and reconnect with our flame.
- A time of change (or even a crisis) offers an opportunity to reconnect with our flame.
- Create a positive ripple affect.





How does change make us feel?

- **Simple urging**, feeling of **unease**. Perhaps **exhilarating**...a sense of relief, freedom.
- **Confused** - too many options or directions. **Not knowing** what steps to take or where to turn for help
- Anxiety, **fearful** of the future, disoriented, **overwhelmed**, out of control.
- Grief, **depression, alone**. Lacking hope, resignation.
- **Loss of confidence** and self worth.

We are Taught to suppress our feelings.
What do we do with our feelings?
How do we manage the most difficult ones?



Exercise 2 - Self Assessment

Scale of 0 (low) – to 10 (high)

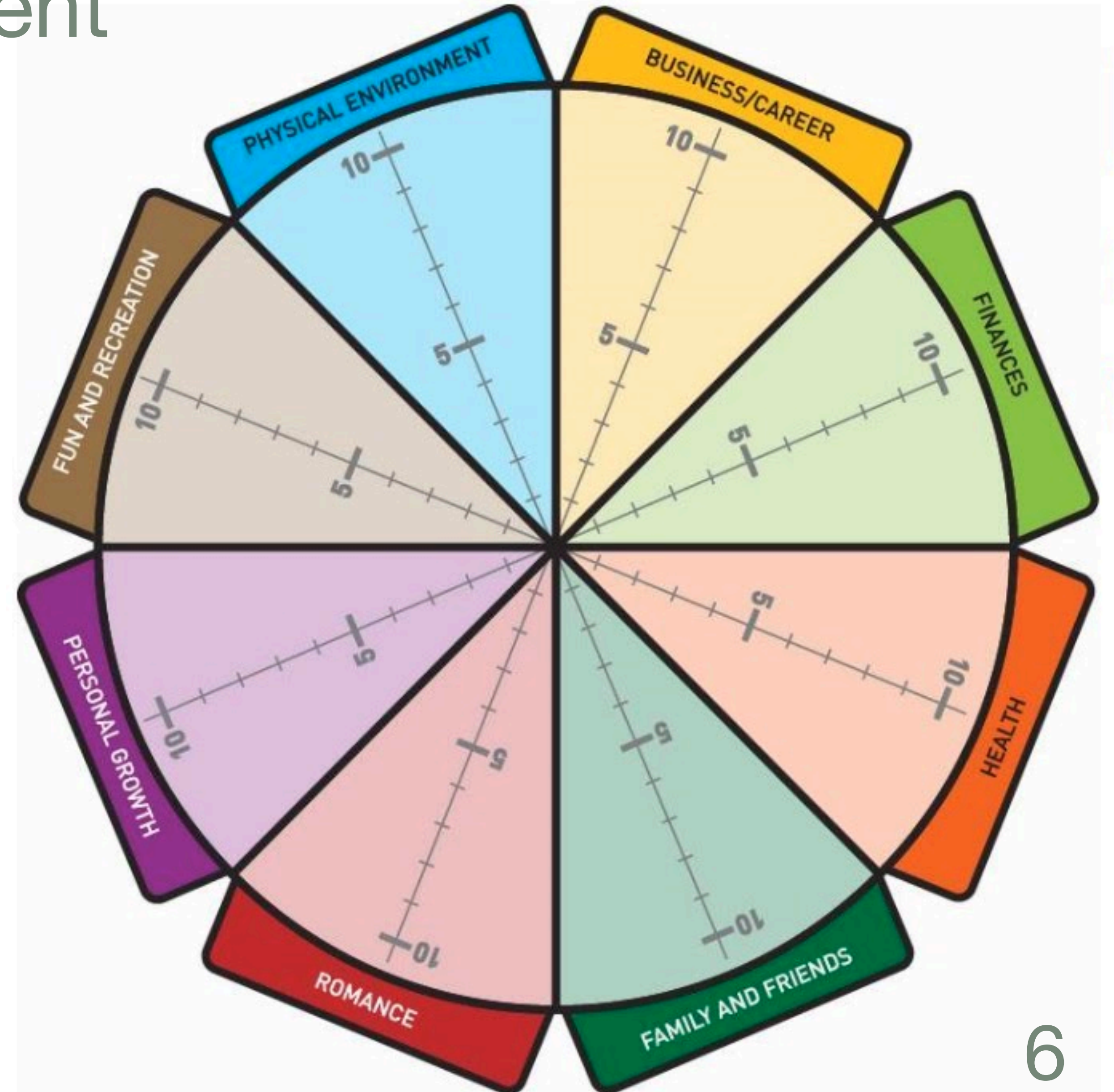
1.0 Revise any of the 8 labels to better reflect the categories of your life and work.

2.0 On the **left part** of each triangle, assess your level of satisfaction of this part of your life.

3.0 On the **right part** of each triangle assess your level of attention to this part of your life.

4.0 Next to each section rate from the importance this area is to you.

5.0 What are your observations from this exercise?



Exercise 3 - Journaling

What's going on in your life? What changes are happening? How is this affecting your life?

How are you feeling about these changes?

What could the current changes in your life be teaching you or leading you toward?

What are your main goals in your life and work? Based on Exercise 2, is there an area you ready to commit to change?

