

Moving from Panic to Purpose *at work*

Surviving and Thriving during Unrelenting Change [^]



“My entire industry has probably changed again since this session began.”

Why is this
topic important
to YOU?



Think about
It

What's the biggest change you're experiencing or facing?

Did you choose this change?

Have you (or has someone you know) been through something similar?



You have survived 100% of the
changes you've faced so far!

(I like your chances!)

What We'll Cover Today

1



WHAT'S AT
STAKE

2



WHY WE PANIC

3



RESILIENCE
STRATEGIES

4



FUTURE FOCUS

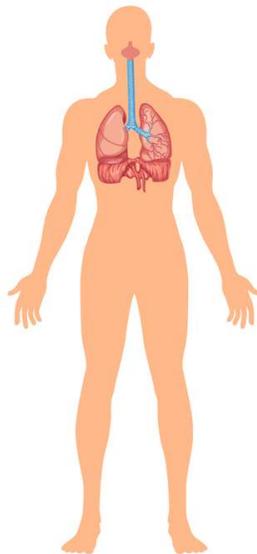
Part 1

What's at Stake





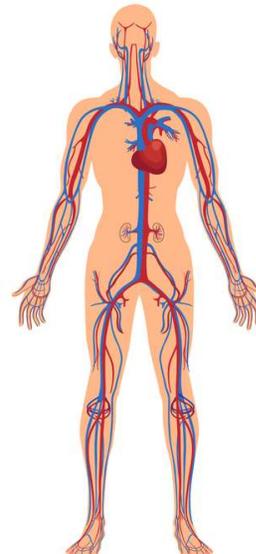
Skeletal System



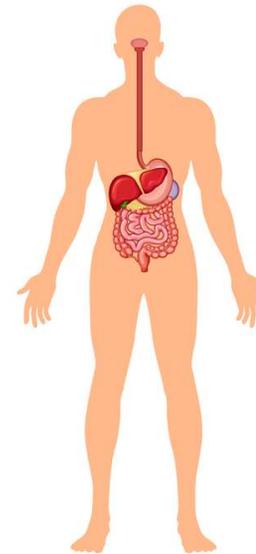
Respiratory System



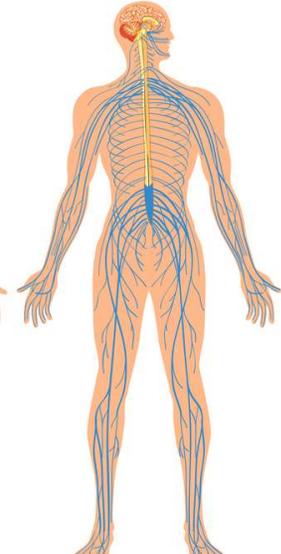
Muscular System



Circulatory System



Digestive System



Nervous System

The Physical Effects of Stress

Effects on Our Work and Personal Relationships



An iceberg floating in the ocean. The top part of the iceberg is above the water surface, and the bottom part is submerged. The water is a deep blue, and the sky is a clear light blue. The iceberg is white and has a jagged, rocky appearance.

behaviors

feelings

Part 1

Why We Panic





Habit and Pattern





Notice Your Own Response



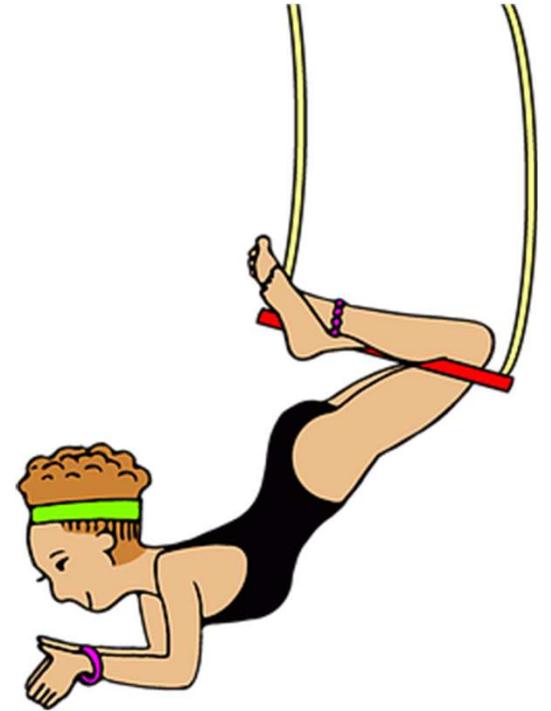
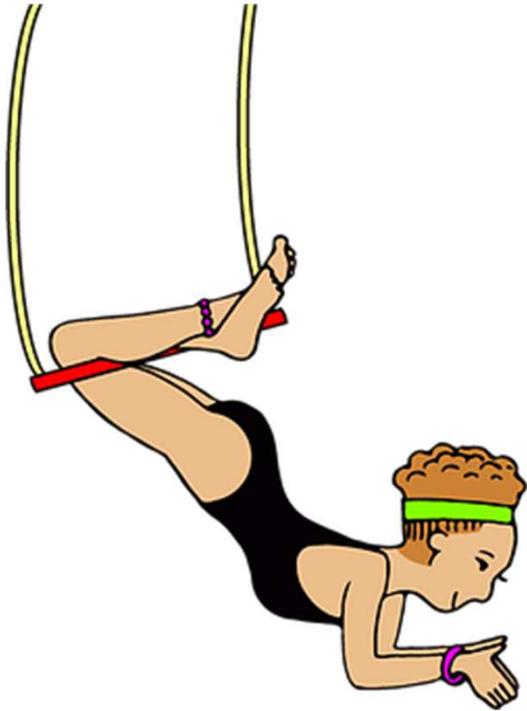


Observe Others' Responses



Press Your Pause Button

Making a Change *FEELS* Scary



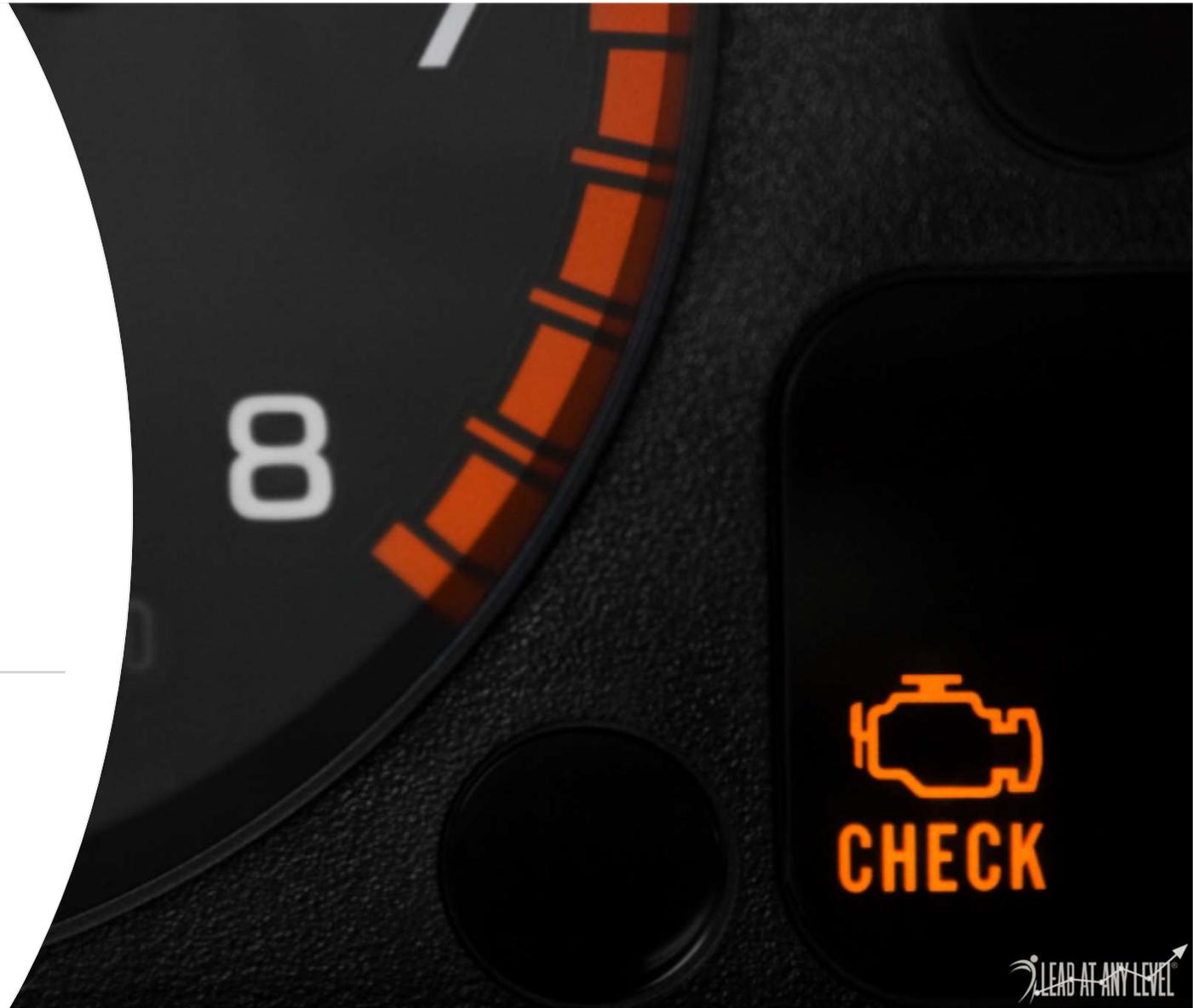


You can't ignore
your feelings
forever.

Like a preschooler with a
song flute.

Like Your “Check Engine” Light

You can't
ignore your
feelings
forever.



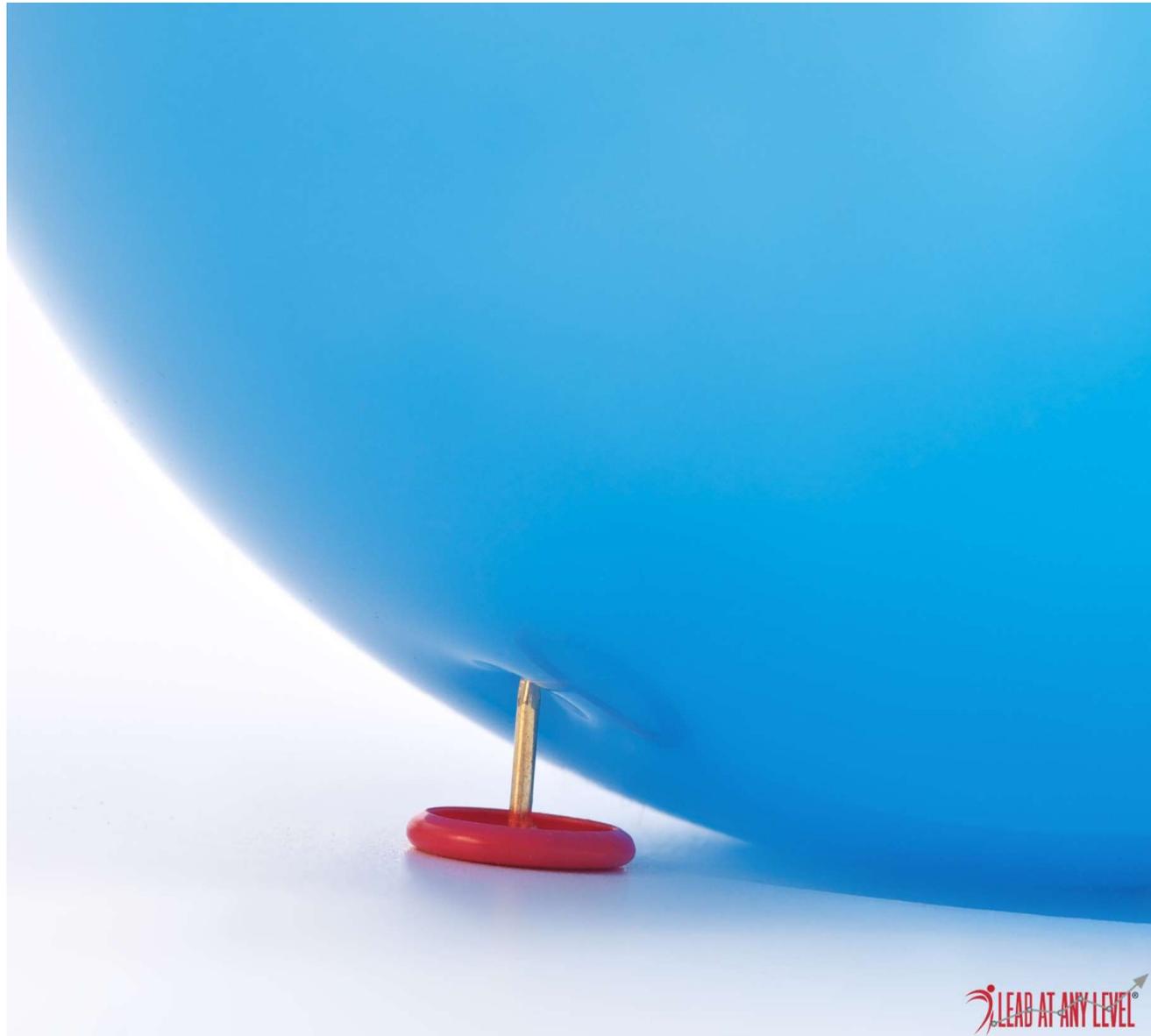
Unpleasant Feelings Associated with Change

Angry	Enraged	Miserable
Frustrated	Distressed	Alone
Bitter	Paralyzed	Hesitant
Nervous	Afraid	Grief-stricken
Diminished	Embarrassed	Perplexed
Guilty	Sulky	Resentful
Insecure	Ashamed	Disappointed
Anxious	Disinterested	Worried
Helpless	Hostile	Betrayed

Don't Forget to Notice *Pleasant* Feelings, Too!

Confident	Liberated	Satisfied
Joyous	Courageous	Energetic
Encouraged	Content	Relaxed
Accepting	Thankful	Glad
Passionate	Peaceful	Certain
Receptive	Optimistic	Curious
Fortunate	Playful	Strong

You Don't Have
to Pop Your
Own Balloon!





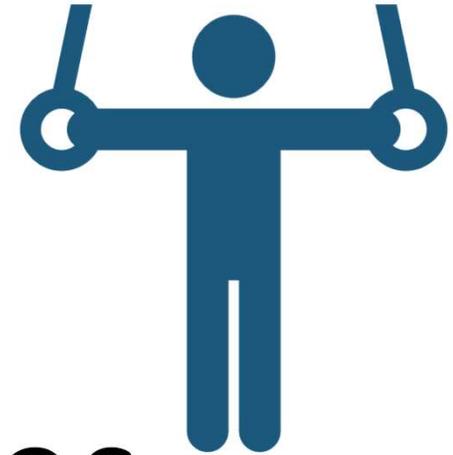
Speaking of Balloons...

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Part 2

Resilience Strategies





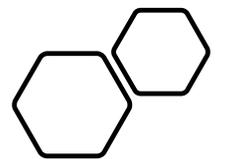
Self-Care Is Essential



Express Gratitude

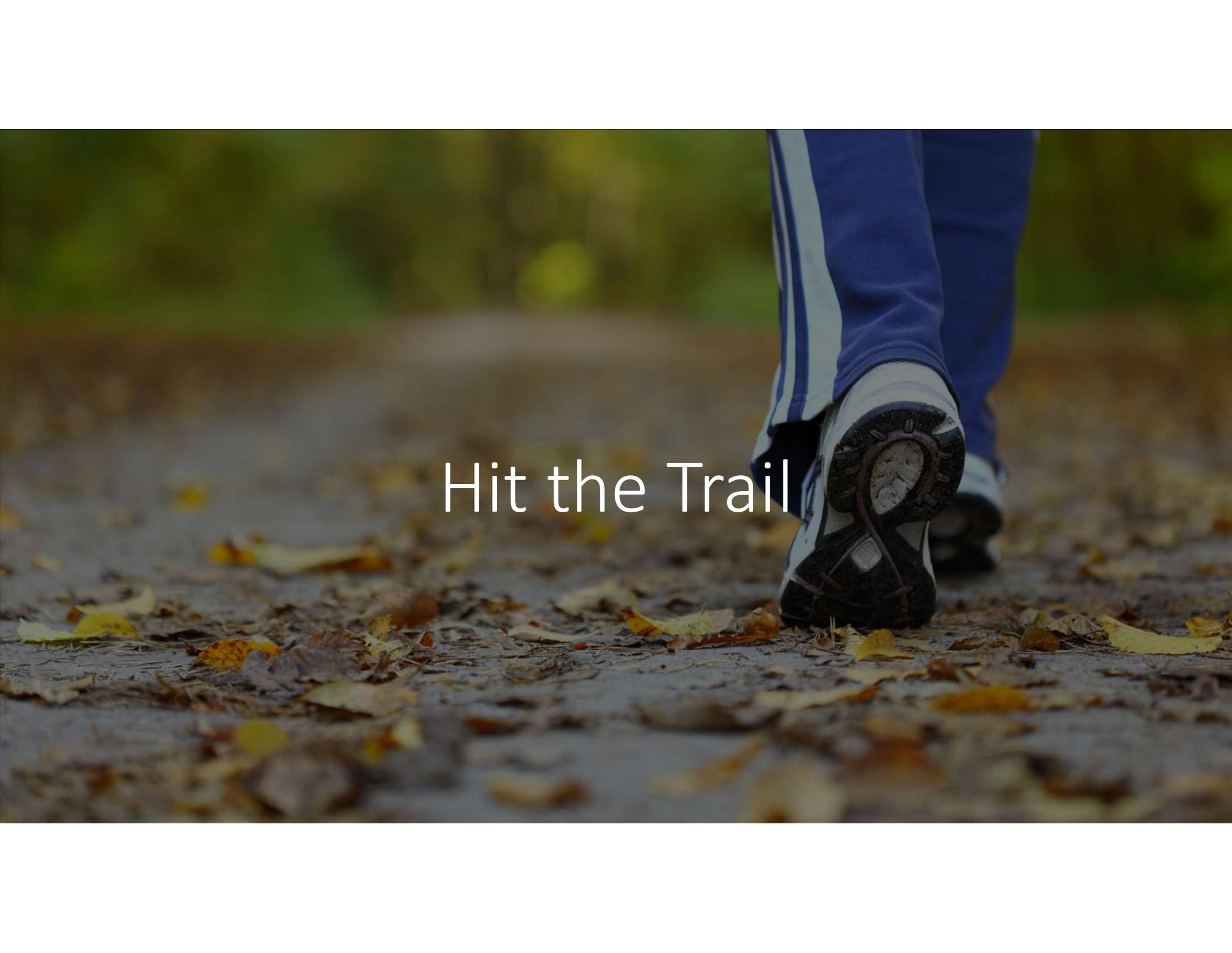


Healthy Eating Habits



Benefits of Sleep



A close-up, low-angle shot of a person's legs and feet walking on a trail. The person is wearing blue athletic pants with white stripes down the side and white sneakers with black soles. The ground is covered in a layer of fallen, dry leaves in shades of yellow, orange, and brown. The background is a soft, out-of-focus green, suggesting a forest or park setting. The text "Hit the Trail" is overlaid in the center of the image in a white, sans-serif font.

Hit the Trail



Plan Something Fun



Schedule
Time to
Worry

Perform Random Acts of
Kindness





Be a "YETi"

Part 3

Future Focus





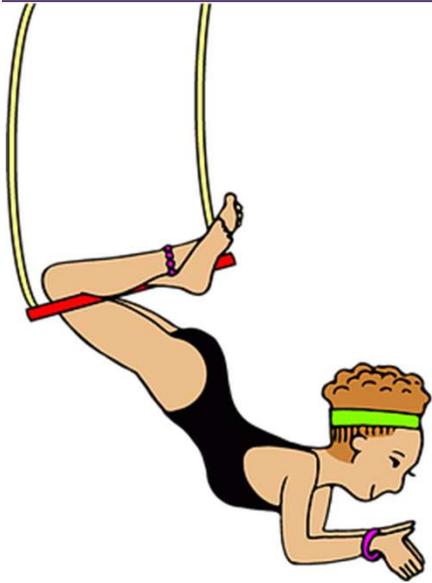
Luck = Preparation + Opportunity



“No problem can withstand the assault of sustained thinking.”

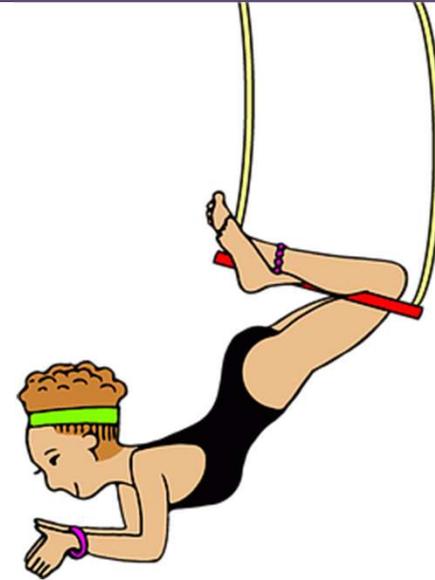
— Voltaire

Terrifying Transitions



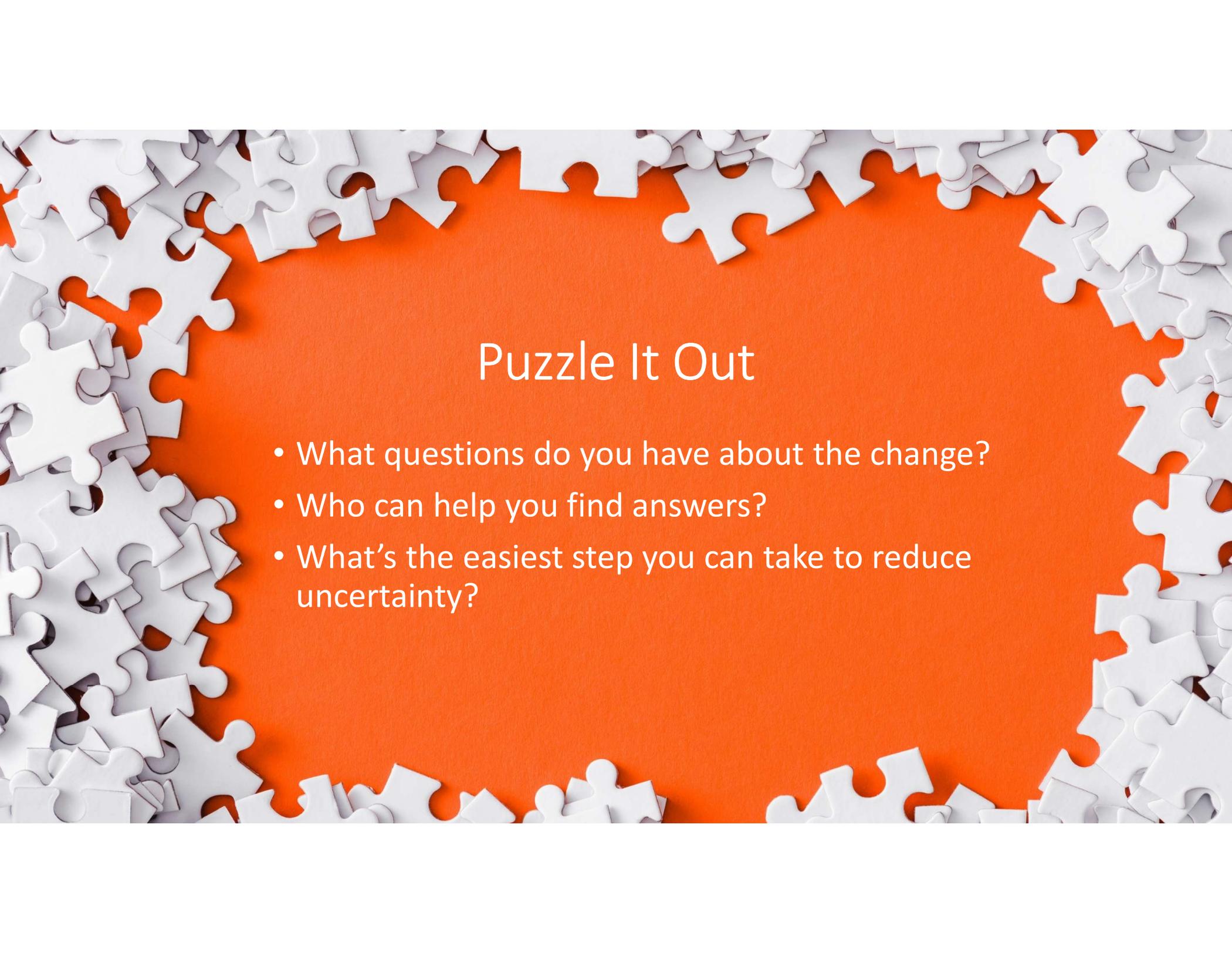
If you adapt to this change successfully, what are the benefits?

If you do not adapt successfully, what could you lose?





What Other Options
Do You Have?

The image features a large, solid orange circle centered on a white background. The circle is surrounded by a thick border of white puzzle pieces, some of which are interlocked, creating a frame around the central orange area. The puzzle pieces are scattered and overlap, giving a sense of depth and texture.

Puzzle It Out

- What questions do you have about the change?
- Who can help you find answers?
- What's the easiest step you can take to reduce uncertainty?

Mitigate Risk

Due to the *fact* that observable condition,
there is a *risk* that possible event,
which would *result* in quantifiable outcome.
With this in mind, I will mitigating action,
no later than mitigation deadline.



*“Yesterday I was clever, so I
wanted to change the world.
Today I am wise, so I am changing
myself.”*

– Rumi



Give feedback to Amy

...and download your FREE “Chart Your Change” Action Guide

Scan this QR code



Or go to

<https://talk.ac/amycwaninger>

and enter this code when prompted

PURPOSE

