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FIND
YOUR
PEOPLE

Why does this matter?

OUR
RESILIENCE

Mindset + Habits → Catalyst for Effectiveness

FIND
YOUR
PEOPLE

How Do We Grow Our Effectiveness & Resilience In Our Role?

» Mindset «

FIND
YOUR
PEOPLE

MINDSET

Your Brain is a Muscle

Use it Differently, and It Changes Physically

VISUALIZE

Mental rehearsal improves and changes mindset and performance.



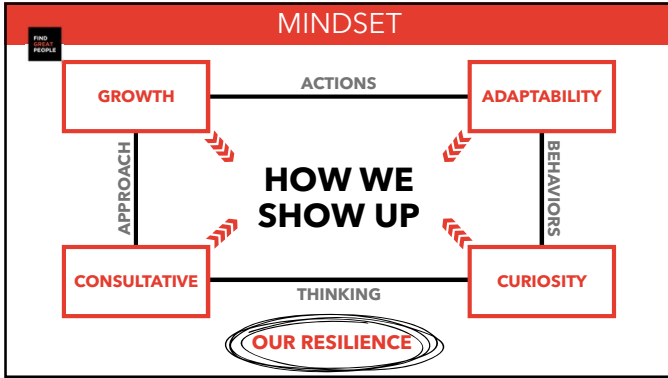
REFRAMING = GROWTH

Tiny language shifts (ex. "I have to" vs. "I get to") produces huge mindset gains.

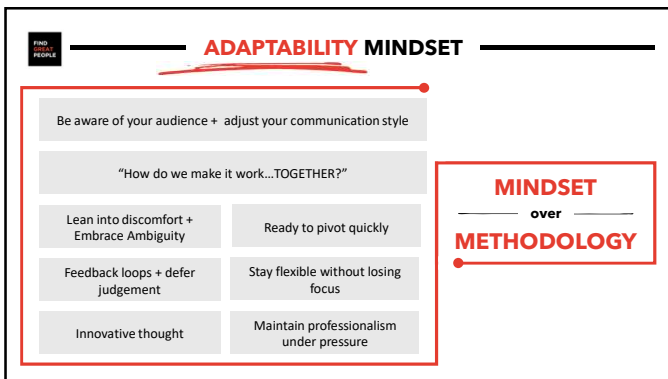
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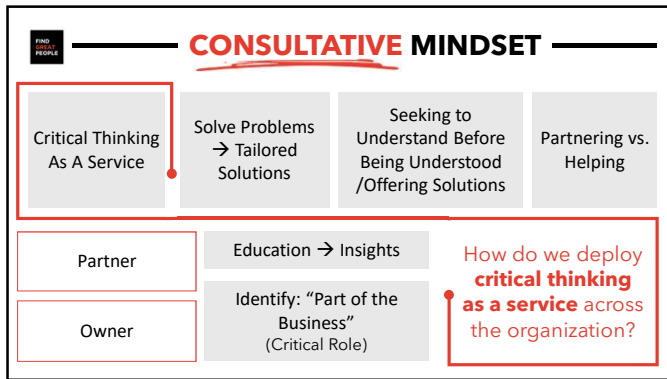
Average Number of Weeks It Takes to Change a Mindset (and Your Brain Structure)

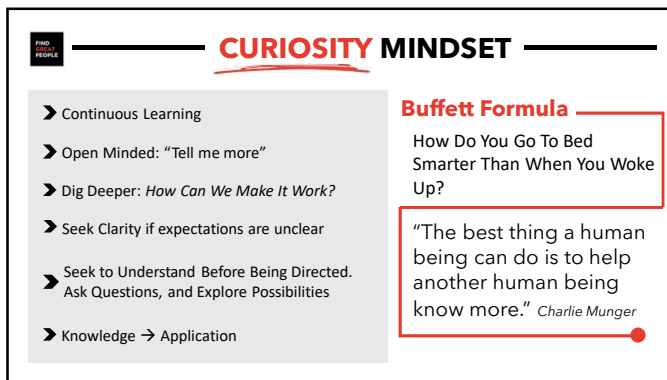
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How are our mindsets expressed?

» **Habits** «

How are mindsets expressed?

66
Average Number of Days It Takes to Form a Habit

HABIT STACKING
Linking new habits to existing ones increases follow through by up to 80%.

START SMALL
Less complex and highly repeatable actions will form a habit faster.

Habits

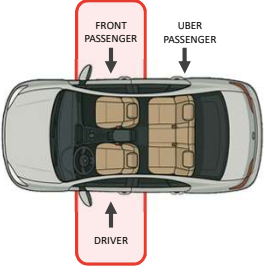
2 MIN
Habits Done In Under 2 Minutes Are More Likely To Stick

“ INFLUENCE ”

Positively shape decisions, actions, and outcomes through credibility, relationships, and effective communication

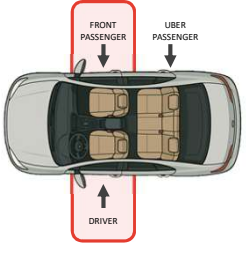

Our Role

What does it take to **lead & influence** from the front?




What does it take to **lead & influence from the front?**

Driver or Front Passenger Behaviors	Uber Passenger Behaviors
Results-Oriented	Task/Activity Focused
Proactively Identifies and Solves Problems	Waits for Direction
Practices Active Listening	Listens to Respond
Provides Clear Direction, Alignment and Guidance	Assumes Understanding
Demonstrates Curiosity, Asks Thoughtful Questions	Accepts the Status Quo - "We've always done it this way"
Builds Trust & Relationships	Maintains Transactional Interactions
Acts with Accountability	Relies on Others to Drive Resolution




SPHERE OF **INFLUENCE → AUDIENCE**

Who relies on your work, expertise, or decisions to be successful, even if they do not report to you?

PERCEPTION

How do people experience me?

REALITY

How do I want people to experience me?

vs.

FIND
PEOPLE

Reflecting on Today...

START

STOP

CONTINUE

FIND
PEOPLE

WORKBOOK+
DECK

Grateful

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