



## Leadership in Concept **ADAPT TO CHANGE**

Increase your *adaptability*

### **Agility**

- Continuous learning
- Strategic planning
- Innovation challenges

### **Resilience**

- Stress management
- Positive affirmations
- Reflection practice

## **ARC-EQ** *model*

### **Emotional Intelligence**

- Self-assessment tools
- Empathy exercises
- Communication training

### **Curiosity**

- Curiosity journal
- Learning exchanges
- Inquisitiveness exercises

## **What *actions* can I take?**

### **Steps I take:**

1. Lead by example
2. Have a growth mindset
3. Provide resources and support

## **How I guide transformation:**

1. Have a plan
2. Communicate the plan
3. Get the team on board
4. Manage any resistance
5. Monitor the progress
6. Celebrate success

# Leadership in Practice

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## Agility:

- What's next on my learning journey?
- Have I reviewed and adjusted my strategy recently?
- What was my most recent creative solution?

## Resilience:

- What stress management activities do I perform every day/week? What can I add to my practice?
- Is it time for me to set a new affirmation?
- Am I ready to try a new self-reflection tool?

## Curiosity:

- When last did I write in a curiosity journal? Have I reviewed my journal recently? Did any pattern emerge?
- What was the last peer-to-peer knowledge sharing session I attended? Is it time for another one?
- What open-ended questions am I curious about? What about my teams' curiosity?

## Emotional Intelligence:

- Do I know my strengths and areas for improvement? How am I able to monitor any improvements with time?
- Have I practiced empathy recently? When was the last time I truly empathized with someone? What was it about?
- Is it time to refresh and upgrade my communication skills?