

Moving through Challenge – Meeting Complex Times with Simple Actions

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Session Summary – Context and Outcomes

The world and how we work and live in it has been disrupted in ways none of us could have imagined. The resulting uncertainty, conflicting conditions, information, and relationships have left many of us feeling fragmented on the inside mirroring the ‘dis-ease’ occurring around us, with symptoms ranging from:

- chronic busyness to being stuck
- burn-out to rust-out
- anxiety to languishing
- being closed in to being pulled apart

Navigating today’s VUCA world (volatile, uncertain, chaotic, ambiguous) requires internal integration. When our system is integrated, our thoughts, feelings and physiology work together to meet and move through challenges with greater energy, ease, and effectiveness (Dennison, 2007; Siegel, 2012). This state of integration can be achieved through the practice of three simple actions that powerfully enable forward action regardless of circumstance - ‘Intend, Notice, and Move’. ***Moving through Challenge – Meeting Complex Times with Simple Actions*** offers participants the opportunity to experience this practice in real time while unpacking the science and thought leadership behind it.

Session Approach and Method

Once the above context is provided, participants are invited to reflect on an area of work or life where they would like to move forward more effectively; one where they are currently stressed, strained, or stuck. They are then guided through the three actions so that they are both experienced and explained. Table 1 highlights the ‘what’ (actions), ‘why’ (rationale and relevant theory), and ‘how’ (core instructions).

Table 1:

Moving Through Uncertainty – ‘what, why, how’

WHAT	WHY	HOW
INTEND Set an intention for how you	<ul style="list-style-type: none"> • Clear vision is critical to moving forward and personal mastery (Senge, 2006) • Intentions ‘pull’ us forward as we move toward things that feel positive (Rock, 2007) 	Think about a situation that is challenging you right now. Set an intention for how you want to be or do in this situation. State it



<p>want to be in the challenging situation.</p>	<ul style="list-style-type: none"> • Setting clear intention activates the higher order parts of the brain and aligns neural energy (Siegel, 2012) • Setting an intention focuses on ‘being’ and ‘doing’ actions within our control rather than ‘having’ outcomes that often are not (Dennison, 2007) This sense of autonomy empowers forward action (Rock, 2007) 	<p>in the positive so that it is something you want to move toward.</p> <p>e.g.: To be calm and focused NOT to be less stressed</p>
<p>NOTICE Notice your state</p>	<ul style="list-style-type: none"> • Noticing our different levels of experience (thinking, feeling, sensing) brings awareness to three key dimensions of the brain (Siegel, 2017) • Noticing the tension and edges that exist between where we are and where we want to be results in creative tension, giving us energy to move (CRR Global, 2018; Senge, 2006) • When our experience is unpleasant, we feel a ‘push’ to move away from it (Rock, 2007) • The moment we notice and name our experience, we relax, opening the door to choose – ‘name it to tame it’ (Siegel, 2017) 	<p>Put yourself into your challenging situation and notice your experience now by asking the following questions:</p> <p>‘What am I thinking?’</p> <p>‘What emotion(s) am I feeling?’</p> <p>‘What am I physically experiencing?’</p>
<p>MOVE Move your breath to shift your state</p>	<ul style="list-style-type: none"> • Our thoughts, our feelings, our physiology are all connected. A shift in any one dimension, result in shifts in all dimensions (Siegel, 2017) • ‘Movement is the doorway to learning’. Our brains are not only from the ears up and movement powerfully impacts our brain wiring (Dennison, 2007) • Our breath is a powerful tool that we have available to regulate and shift our system at any time when we use it consciously (Siegel, 2017) 	<p>Notice your breath without changing it. Place one hand on the abdomen and one on the sternum. Take three breaths in through the nose and out through the mouth so that the bottom hand moves first.</p>
<p>Now NOTICE the shift in your state and relationship to your INTENTION ‘I am now...’ How will you use this practice moving forward?</p>		

Novel/Additive Information

This session provides a unique and active virtual learning experience to provide ‘breathing space’ to Geoconvention participants. It also results in rich learning that is beneficial to both professional and personal effectiveness.

References

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