

RESPOND → PLAN → RETURN STRONGER

Return Stronger in the New Year

PRESENTED BY

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What you should take away from today

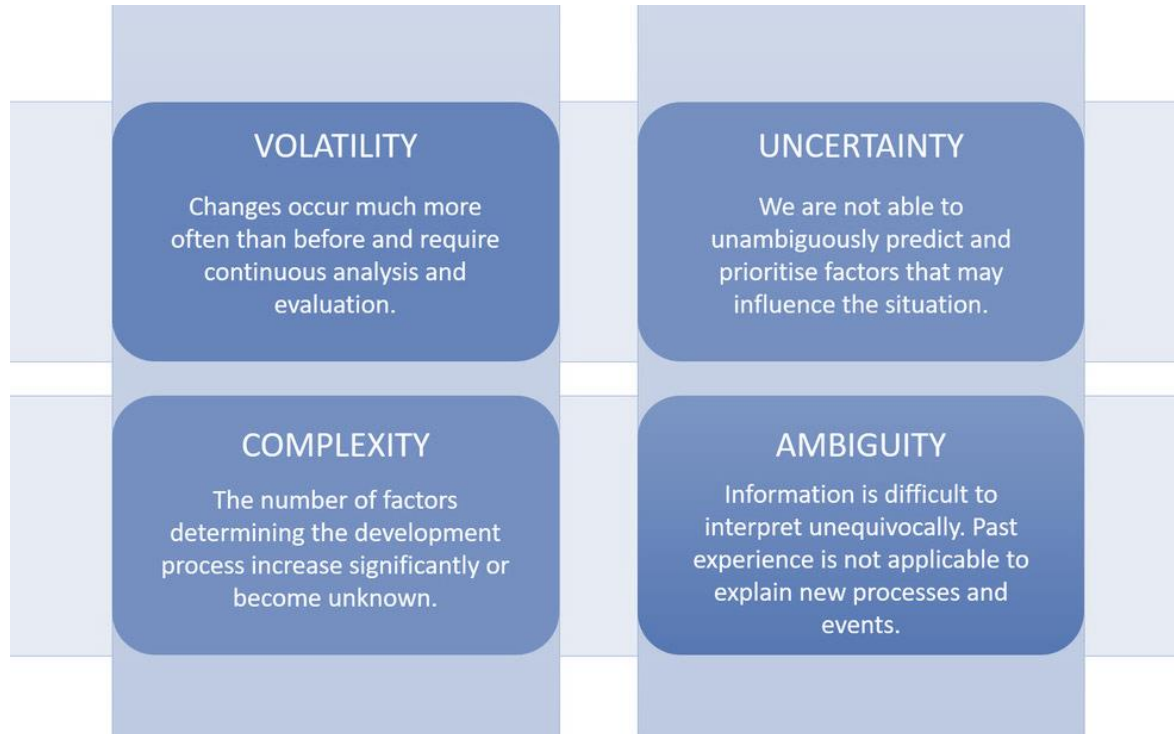
- We are surrounded by turbulence and our brain does not like it
- Our brain's a bit of a lazy bum and stress is our “frenemy”
- There is a way to manage turbulence and it starts by taking control of our feelings and our environment

Two questions to get us going

Where are turbulence and chaos
originating from?

What is my coping mechanism?

We live in a VUCA world...

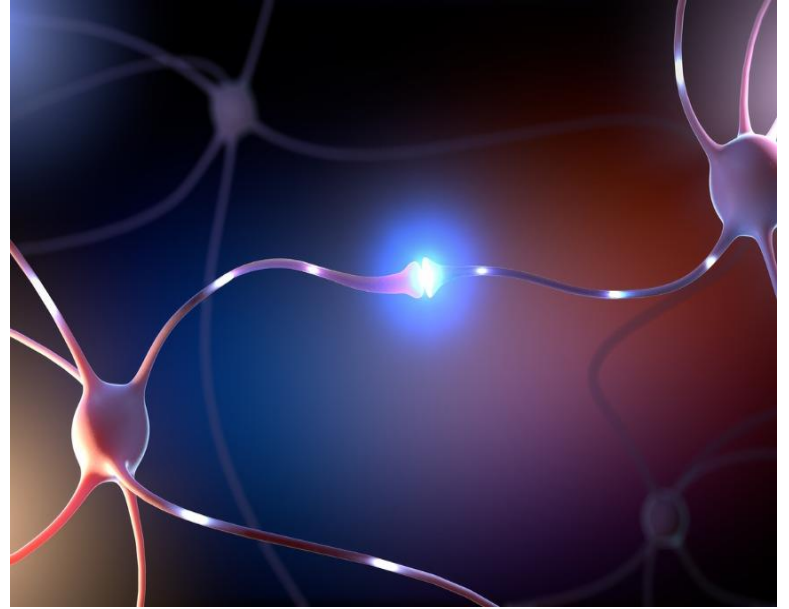


WHEN

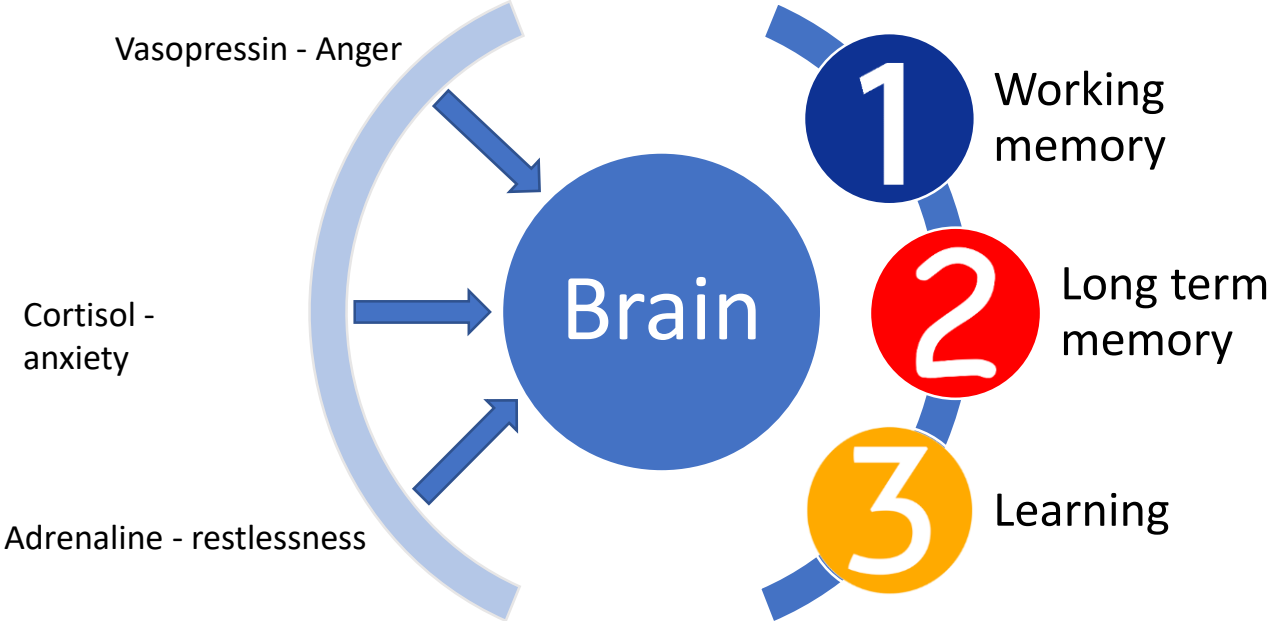


Let's drill deeper

- When faced with new information our brain activates connections between neurons – over time these connections become stronger or weaker
- Our brain is wired to focus on threats **5X** more than on rewards
- Resilience is the capacity to retain our best character and traits while in the crucible of a crisis
- Our brain's resilience is reliant on the neural network we ourselves create



When our brain is under stress



Turbulence and Leadership - Research

Interviews with 40 senior leaders

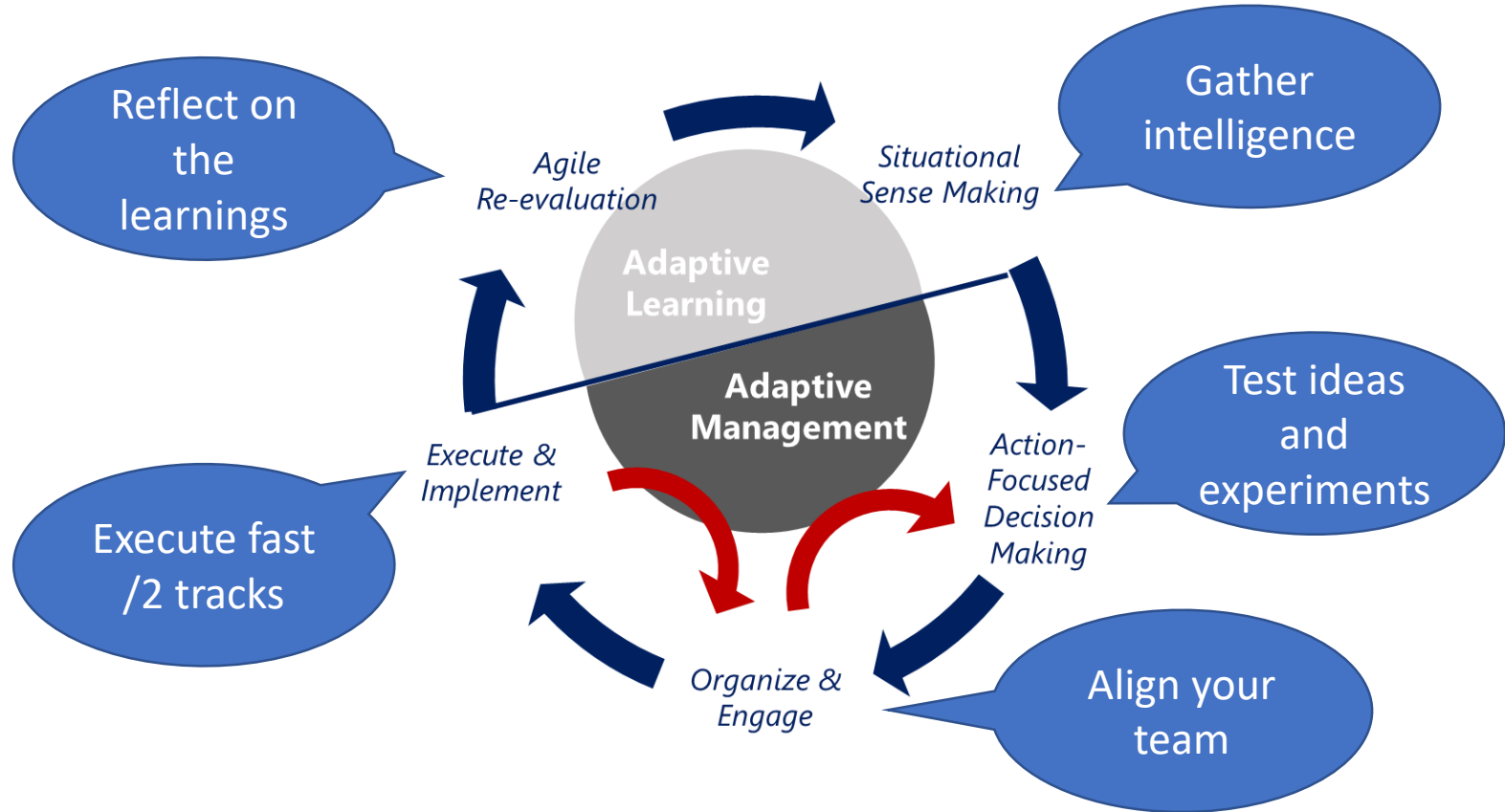
3 critical dates (February 15th ,
March 1st and March 15th)

Focus on Inward/Outward

- Emotional Balance
- Staying Motivated
- Embedding New Microhabits
- Staying Agile & Open



Leadership Readiness Framework



5 neuroscience-based actions everyone can take

1. Engage others who think differently from you
2. Set a long-term goal (something that really matters to you) and tie what you do to it
3. Find space for recovery and reflection
4. Replace one unhealthy snack with a healthy one (fruit)
5. Simply take a deep breath at least every hour – set an alarm

5 actions if you lead a team

Speaking Listening	Be Direct in complex situations Transparency in information communicated and received will gain mutual trust and collaborative efforts.	Be Understandable in ambiguous situations Clarity in purpose, direction, and responsibilities will empower others.
	Be Reliable in volatile situations Follow through on what is said and agreed to will accelerate positive momentum.	Be Trustworthy in uncertain situations Invest in people, keep teams engaged, involve partners, seek to understand, speak to be understood, act with respect always.
Philosophy Values		



Be agile
In your thinking

Know that your brain wants to trick you into using your auto-pilot, run experiments instead!



thanks!

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