



Summer  
Online  
Special



# Comfortable with Uncomfortable in the Next Normal

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# 7 Step Process . . .

## Become More Comfortable with the Uncomfortable as Resilient Leaders:

1. **Mindfully Pause** (Who Are You?)
2. **Reflect on your Feelings** (in the moment)
3. **Create a New Narrative** (with intent)
4. **Seize the New Learning Opportunities**
5. **Initiate Empowering Interactions**
6. **"Reflect Back " & Look Forward**
7. **Use your Narrative in the Next Normal**



Choosing to Embrace  
Brokenness as Resilient Leaders



**P**leasant emotions

**E**ngagement & flow

**R**elationships that are supportive

**M**eaning and purpose

**A**ccomplishment for its own sake

**Take Agency Over Our  
Feelings & Narrative**

~ Martin Seligman



## Emotions

Anger  
Anxiety  
Fear  
Joy  
Love

## Information

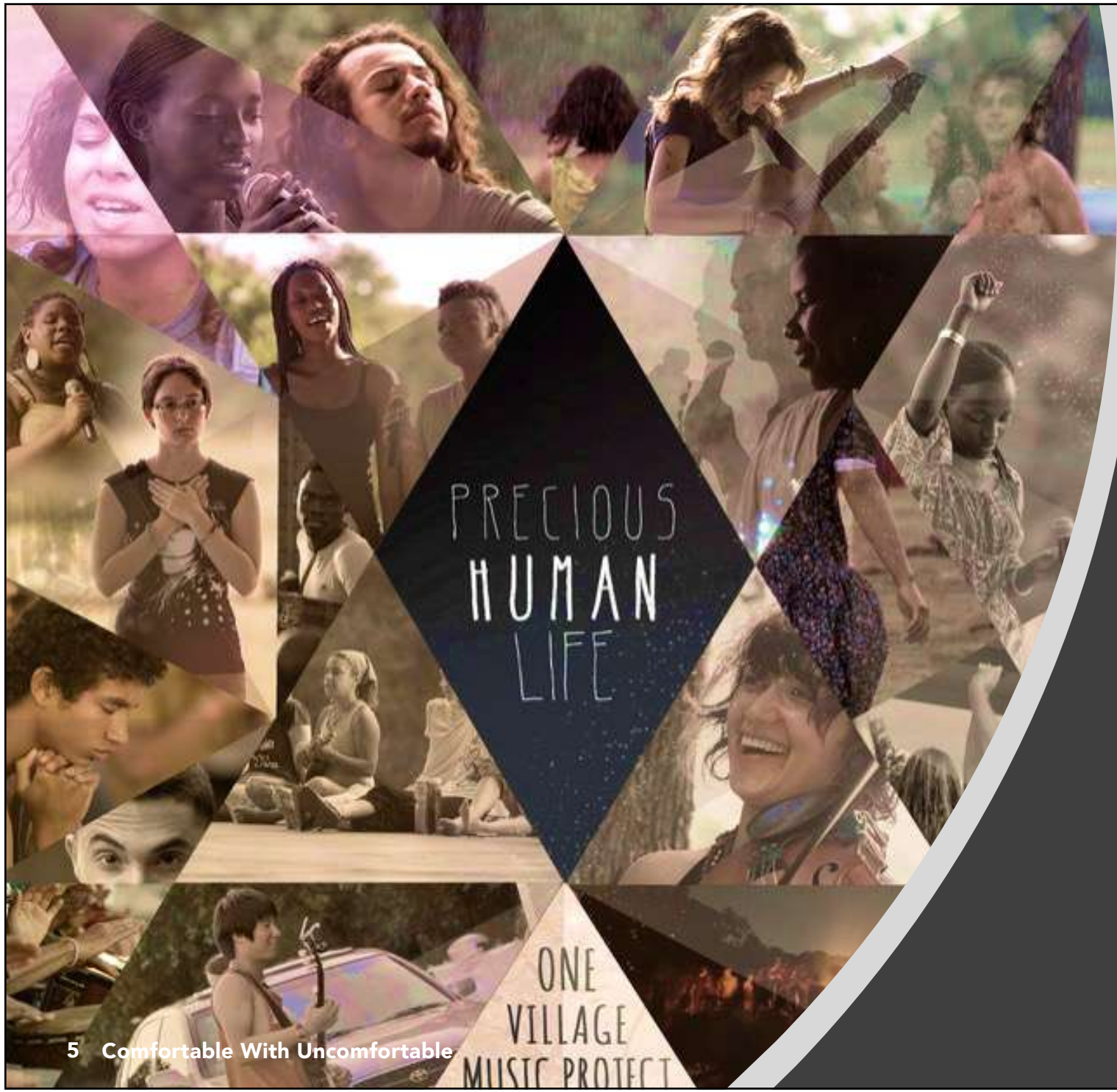
Violation of Values  
Lack of Information  
Feeling Threatened  
Confidence & Certainty  
Deep Connection

## Gifts

Boundaries Setting  
Clarity  
Safety  
Vitality  
Warmth

# Emotions Contain Info & Gifts

~ Alison Whitmire



# Precious Human Life

The One Village Music Project

Every day,  
Think as you wake up,  
Today I am fortunate to have woken up,  
I am alive,  
I have a precious human life,  
And I am not going to waste it

~ Dalai Lama

<https://www.onevillagemusic.com/>

# References . . .

- ✓ Martin Seligman : Key Learnings from Positive Psychology PERMA
- ✓ Alison Whitmire : Learning a new way of being: Alison Whitmire at TEDxOverlake
- ✓ Greg McKeown : Essentialism: The Disciplined Pursuit of Less Hardcover - April 15, 2014
- ✓ Stephan: Grabmeier: BANI versus VUCA: a new acronym to describe the world
- ✓ Kathryn Schulz : Being Wrong - Adventures in the Margin of Error
- ✓ Simon Sinek: NOW is the Time to Reinvent Ourselves
- ✓ Brené Brown: The ANATOMY of TRUST (Fearless Girl)

*"Don't go through life, grow through life"*  
~ Eric Butterworth



# Jeanne-Elvire Adotevi

I support C-suite executives, leaders, and teams in their transformational journey within organizations, with fluidity, following their sustainable positive change and success values. This includes helping them grow and better handle the complex, ambiguous and sometimes conflict-ridden world of today, using meaning-making tools.\*

- ✓ Inner MBA, MindfulNYU (Completion expected May 2022)
- ✓ Executive, Leadership Development Catalyst ACE | CPCC | APMC / ISNS
- ✓ Coaches Supervisor and Reflexive Practice for Non-Coaches ESQA/EMCC
- ✓ Adult Development & Complex Adaptive Systems framework - Growth Edge, Cultivating Leadership\*
- ✓ Core Quadrant® Facilitator certified by D. Ofman & Core Quadrant® Partner for France
- ✓ PSF (Professional Supervisors Federation France) Co-Founder, Board member & International Vice-President (2012 - 2021)





**HummingByrd Inc.**

## **Andrew Shaffer, MCC**

Cofounder of HummingByrd Inc., in Tokyo, Japan, I help leaders find inspiration in themselves & create positive impact in the hearts & minds of people who live & work with us. With over 30 years of living & working globally, I offer a multi-cultural perspective, insight & empathy in supporting your growth & helping hold yourself accountable for achieving the results you want.

- ✓ Master Certified Coach (MCC), International Coach Federation (ICF)
- ✓ Certified Mentor Coach (CMC) & Coach Supervisor
- ✓ Linkage Coaching Leaders Certified, Marshall Goldsmith Stakeholder Centered Coaching Certified
- ✓ Hogan, Saville WAVE & Team Management Systems (TMS) Certified

