

FROM FEAR TO DISCOVERY



- CHECK OUT
- CRITICIZE
- WHINE
- CONCEAL
- STALL



- LISTEN
- DEFER JUDGMENT
- REFRAME
- DECLARE
- JUMP IN

GETTING COMFORTABLE BEING UNCOMFORTABLE

A DESIRE TO CHANGE

AN ATTITUDE OF SERVICE

When we improvise we have to be in a **mindset of discovery** in order to foster the high level of innovation, collaboration, listening, nimbleness, and razor sharp, yet authentic communication we need. What we have found in the past 15 years of working with leading Fortune 500 companies, is that the **mindset of discovery** is often necessary for employees and teams to be their most productive selves at work. We have developed a curriculum that helps individuals from the business world adopt the mindset of discovery by practicing five simple behaviors (or what we call the **BIG FIVE**). A continuous practice of the Big Five, results in our ability to choose to be in a **mindset of discovery** more often and therefore thrive.

BIG 5



FEAR

MINUTES OF THE DAY SPENT PRACTICING

LISTEN



DEFER
JUDGMENT



REFRAME



DECLARE



JUMP IN



DISCOVERY

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- ① Listen: Be present and aware
- ② Defer Judgment: Accept the *potential* of ideas and opinions
- ③ Reframe: Find the positive turn-around; use what you have
- ④ Declare: Be authentic and clear, speak your mind
- ⑤ Jump In: Develop a bias towards action, avoid analysis-paralysis