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HARNESSING HUMAN ENERGY: THRIVING AMIDST RAPID CHANGE

THE BIG IDEA: To thrive amidst chaos, focus on **FUELING** change, not **FORCING** change

LESSON #1: **FUEL** THE CHANGE

- 🚀 Without energy, change does not exist
- 🚀 Fuel change, don't force change
- 🚀 **CHALLENGE:** Have one convo with a direct report about energy in the next month
- 🚀 **TIP:** Utilize Q1 on You At Your Best worksheet for this convo (download [HERE](#))

LESSON #2: **OPTIMIZE** THE CHANGE

- 🚀 Work should energize you
- 🚀 Flow is the missing ingredient if you want to be in the 12% of successful changes
- 🚀 **CHALLENGE:** Help one direct report increase flow in the next month
- 🚀 **TIP:** Utilize Q2 on You At Your Best worksheet for this convo (download [HERE](#))

LESSON #3: **DESIGN** FOR CHANGE

- 🚀 Bosses 'fix' people, Leaders fix the environment
- 🚀 Design your environment for flow
- 🚀 **CHALLENGE:** Help one direct report remove a flow obstacle in the next month
- 🚀 **TIP:** Utilize Q3 on You At Your Best worksheet for this convo (download [HERE](#))



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