

monday morning mind gym

Dan Collins
MON MIND GYM

SESSION SUMMARY

1. Based on what's in front of you this week, what's the best attitude to pick?
 - What habit do you need to put in place to do this daily?
2. What can you do for yourself and your people to:
 - Lower the emotional intensity of this moment?
 - Connect to your/their issues with acceptance?
 - Provide a behaviour focus for them, under your company values?
3. Challenge what we know and our assumptions
 - What is it that you "know" is getting in the way?
 - Is what you want to happen impacting your acceptance and truth in the now?
 - If you believe your assumptions are wrong - how do you lead this forward?
4. Do macro and micro
 - Macro: What is your vision for survival, 8 to 12 weeks from now?
 - Micro: What problems do you need to solve as a team, day to day, based on your macro? (war room style approach)
5. What and how will you communicate to your stakeholders?



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