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LEADING MYSELF THROUGH TIMES OF CHANGE

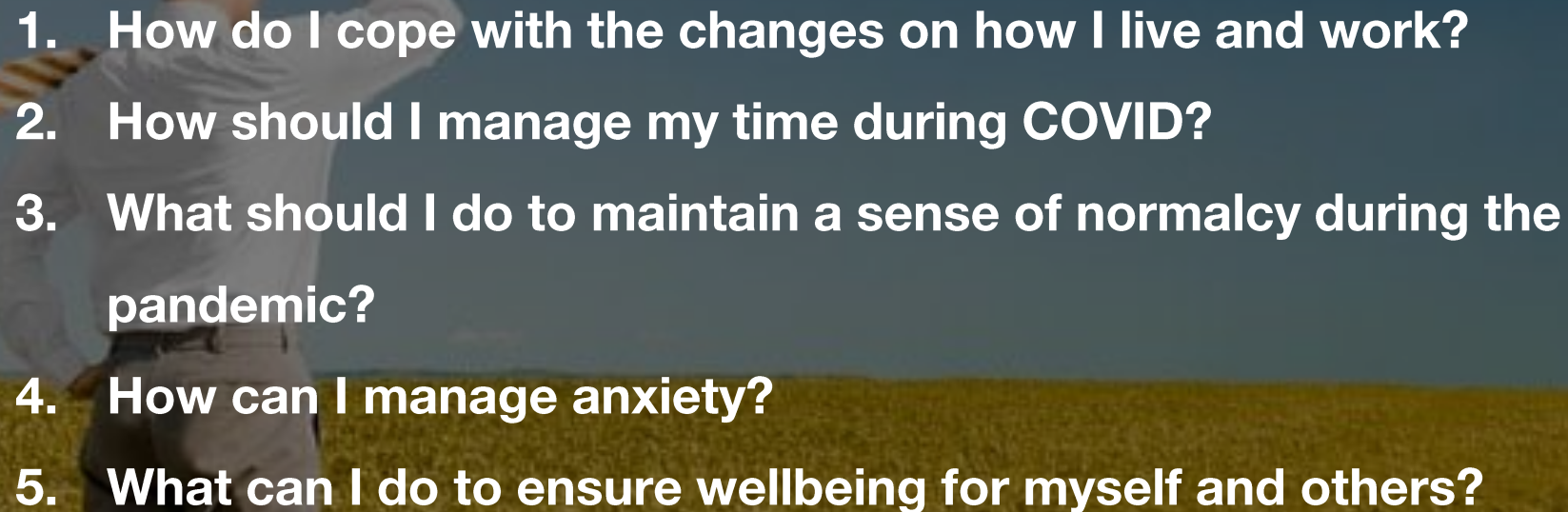
6e's for Improving your Life & Work Experience

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PROGRAM OBJECTIVE – BY THE END OF THIS, YOU WILL

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1. **Develop resilience to lead yourself through change and improve your life experience**
 2. **Better path to your well being**
 3. **Less uncertainty and anxiety for the future, more hope, aspiration and direction**
 4. **More clarity on your purpose**
 5. **Improve effectiveness when working with others**

PERSONAL CHALLENGES WE FACE DURING COVID-19

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1. How do I cope with the changes on how I live and work?
 2. How should I manage my time during COVID?
 3. What should I do to maintain a sense of normalcy during the pandemic?
 4. How can I manage anxiety?
 5. What can I do to ensure wellbeing for myself and others?

SELF LEADERSHIP: 6e's FOR IMPROVING YOUR INDIVIDUAL EXPERIENCE



Experience: How to understand & measure your life experience

Emotions: Manage your emotional intelligence & expectations

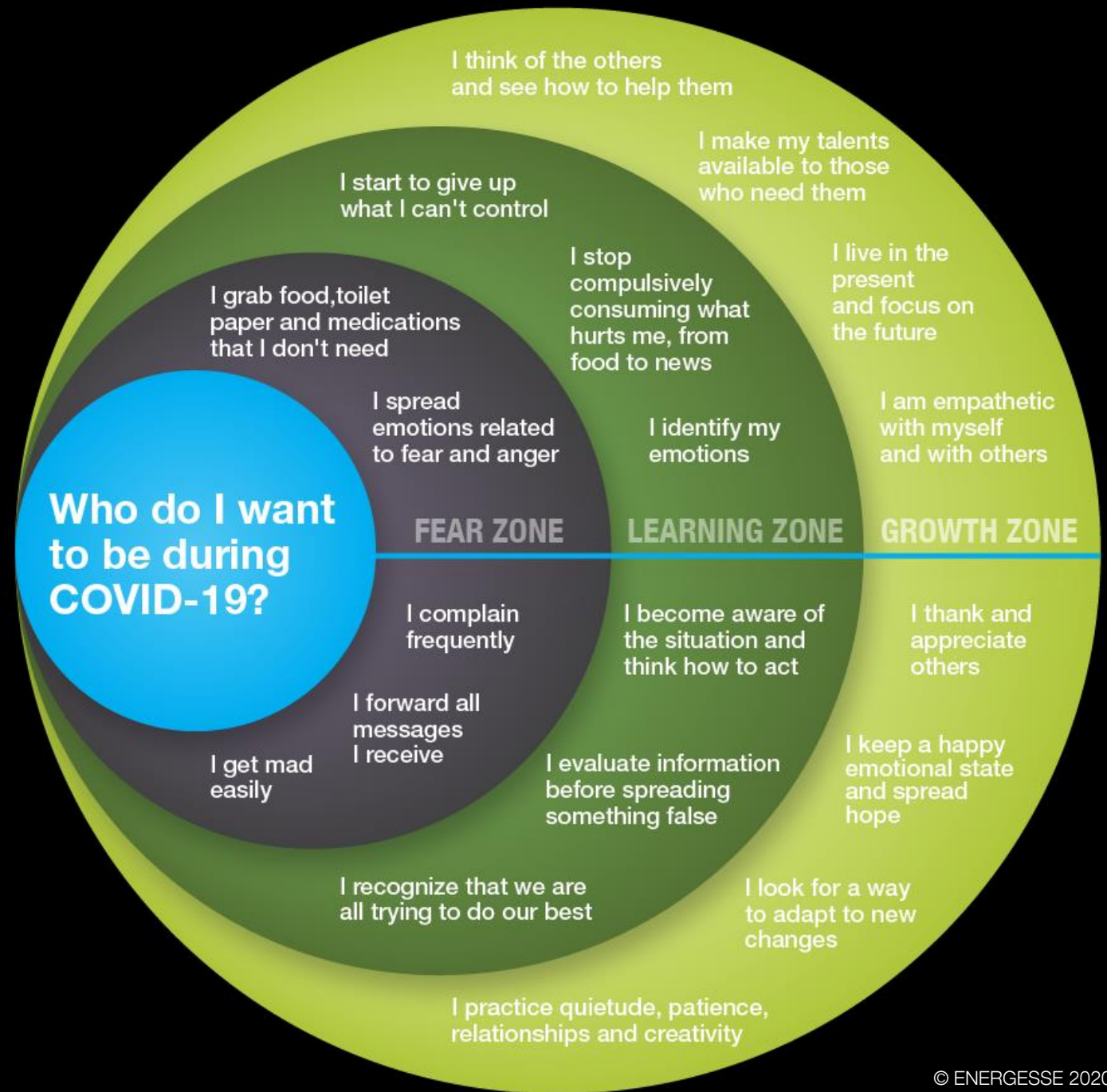
Engagement: Understand your motivators and purpose

Execution: Implement actions and adopt new behaviours

Excellence: Achieving success with your goals

Evolution: Priorities for sustaining personal growth

EXAMPLE – COVID-19 EMOTIONAL CHANGE IN HUMAN EXPERIENCE



COMMON HUMAN MOTIVATORS

Intrinsic Motivators

1. Love
2. Authority
3. Achievement
4. Connection/ Camaraderie
5. Recognition
6. Equity / Fairness
7. Freedom / Independence
8. Safety & security
9. Purpose & helping others
10. Emotional Pain / Mental Stress

Extrinsic Motivators

1. Money/ Wealth / Salary / Bonus
3. Power & Titles
4. Gifts & Material objects
5. Sex
6. Physical intimacy
7. Entertainment – Music, TV, live shows
8. Physical Pain

**IDENTIFYING
YOUR
IKIGAI =
PURPOSE**





YESTERDAY I WAS CLEVER,
SO I WANTED TO CHANGE THE WORLD.

TODAY I AM WISE,
SO I AM CHANGING MYSELF.

~ RUMI



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