Navigating this Volatile, Uncertain, Complex & Ambiguous World
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IBM Study: 1500 CEOs say CREATIVITY is the NUMBER ONE SKILL needed in this present business environment

We live in a VUCA world: (Volatile, Uncertain, Complex, Ambiguous)
The Road to Ubiquity is Getting Shorter

Time innovations needed to reach 50 million users (in years)

- Airlines: 64 years
- Automobiles: 62 years
- Telephone: 50 years
- Electricity: 46 years
- Credit Cards: 28 years
- Television: 22 years
- ATMs: 18 years
- Computers: 14 years
- Mobile Phones: 12 years
- Internet: 7 years
- Facebook: 4 years
- WeChat: 1 year
- Pokemon Go: 19 days

VOLATILE
UNCERTAIN: When will things return to normal?
COMPLEX: Increasing complexity in projects and in the world
AMBIGUOUS: What will happen next?
Forced Disruption!
Companies who innovate will thrive during this difficult time— AND BEYOND!

IMPROVISE, ADAPT, OVERCOME (Marine Mission)
Improvisation, Leadership, and Innovation

Think, Create, Move on Our Feet

Vision and Vulnerability
Creativity, innovation, and the ability to improvise thrive during peak levels of mental, physical and emotional performance:

Nutrition
Sleep
Exercise
Managing Stress
Daily Deep Rest
Recovery Activities Throughout Your Day (Body Battery Inventory)
EI Profile brentdarnell.com/resources

Caveat: Mental Health
preventconstructionsuicide.com
Nutrition (bolsters the immune system)
- Don't eat what you can't pronounce.
- Eat as close to natural state.
- Nothing out of a box.
- Fruit and Vegetables (mostly veggies) and Lean Proteins
- Avoid Sugar (highly addictive, decreases immunity, increases inflammation, adds to risk of heart disease)
Sleep:
- 8 hours
- Total Darkness
- 65 degrees F
- NO SCREENS or wifi
- Avoid/eliminate caffeine/alcohol
- Get a routine
- Avoid sleep aid drugs
- Get a good mattress.
- Bach Sleep Remedy might help.
Exercise (the Miracle Cure):
Reduces/eliminates diabetes, obesity, arthritis, dementia, fractures, fatigue, anxiety, depression, . . . 20 minutes per day
Stress: Breathing and Meditation (daily deep rest)

Harvard Study

Let's meditate like Navy Seals
Get rid of the preconceptions
57 stories in 19 days
"We don't see the world how it is, we see it how we are, or how we are conditioned to see it."  Stephen Covey
Diversity and Innovation

If two people think the same, one of them is redundant.
"In the beginner's mind there are many possibilities, but in the expert's there are few."

Shunryu Suzuki-Zen Mind, Beginner's Mind

Count to 10
Count to 10
Eight, five, four, nine, one, seven, six, ten, three, two.
Open up to the possibilities
Yes, And ...
Resources:

1. The People Profit Connection
   (chapter on Quality, Productivity and Innovation)
   brentdarnell.com/peopleprofit
   Audio Book available on Sound Cloud

2. brentdarnell.com/resources (Body Battery Inventory, Tough Guy Survival Kit)
A Few Ideas for innovation at your company (all can be done virtually):

1. Innovation roundtables
2. Reward innovation and taking risks
3. Play at least 20 minutes per day
4. Encourage time for reflection, rest, and naps
5. Create virtual collaboration spaces for ideas
6. Encourage self-care during this time
Even MORE Resources! Connect with me via LinkedIn and visit my website to sign up for my monthly newsletter!

1. Online Leadership Library of Courses (more resources and exercises) go to brentdarnell.com/online-courses for topics and more information (CE credits)

2. Virtual classes on any topic.

3. Virtual coaching (one-on-one and group)

4. Part 2 will be a deeper dive, covering more about personal creativity, more ideas for company innovation, and the Stanford "D" School method for problem solving and innovation.

5. If you would like a deeper dive on improvisation and leadership, stress management, virtual ways of working, or any other topics, let DBIA know.

6. Liberating Structures (app, book, website)
What is your default emotional state these days?
Emotional Resilience

1. Start with emotional self-awareness

2. Take the Ghyst EI Test
   brendarnell.com/resources
   and see if you are in burnout

3. Six competencies: self-regard, self-actualization, interpersonal relationships, stress tolerance, happiness, optimism

4. Other profiles (alpha, self sacrifice, perfectionist, anger, optimist/pessimist, etc)
Final exercise:
Think of three things you are grateful for and email them to someone in your life or work and ask them to send you three things they are grateful for.