

*Organisations that embrace
change and innovation achieve
a 39% greater increase in
engagement and productivity*



*88% of all innovation drives,
restructures, realignments,
mergers & acquisitions,
behaviour change programs
fail to reach their targets*



In 70% of organisations our human “fear of change” blocks innovation, behaviour change and embracing anything new



*Imagine if you could deliberately
evolve out of your fear of change*



*Imagine if you could help your team
become people who welcome change
& disruption as a normal and even
exciting part of work and life*



“Resilience”



*“Resilience” – baseline peace of mind through challenging times:
50% genetic, 10% events
40% how we respond to events*

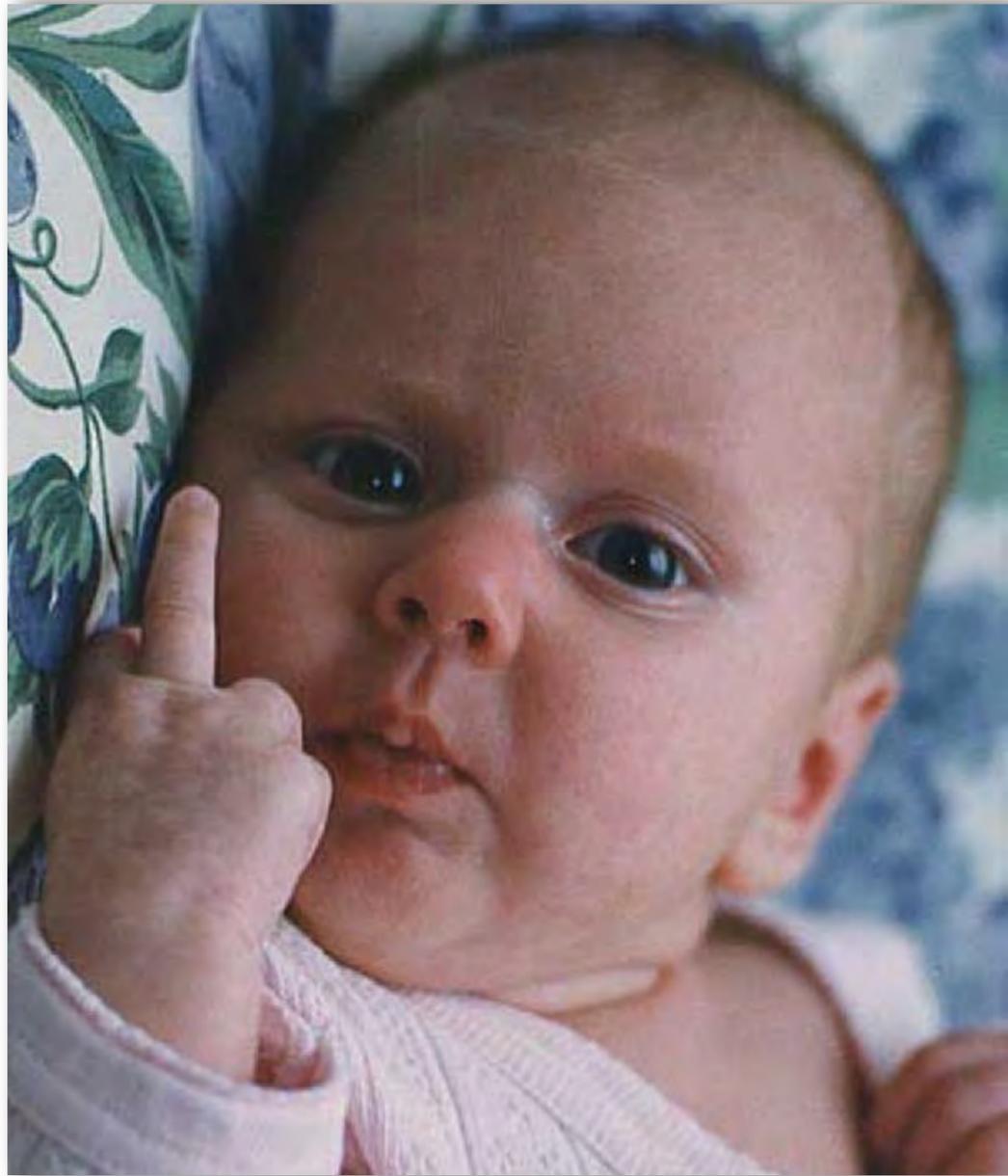


*There are proven strategies
that ANYONE can learn to
improve that 40%*







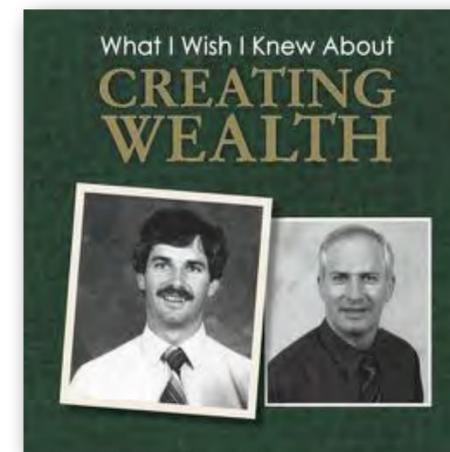
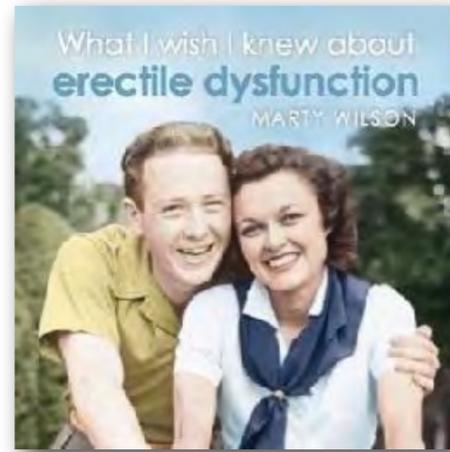
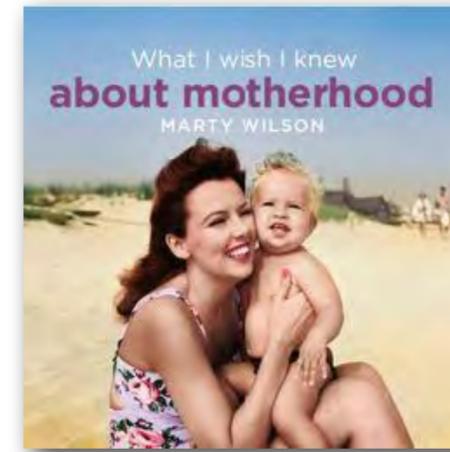


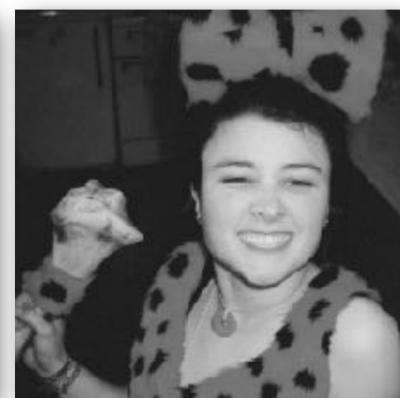
MARKS & SPENCER

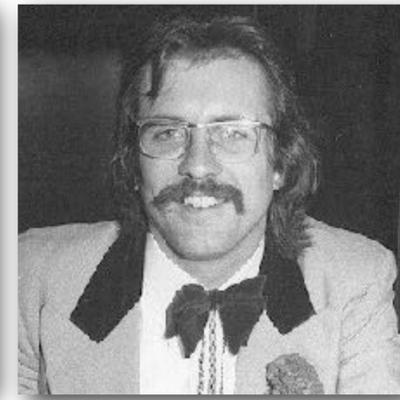
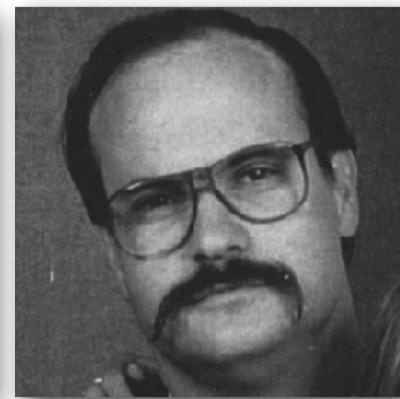
Food
hall

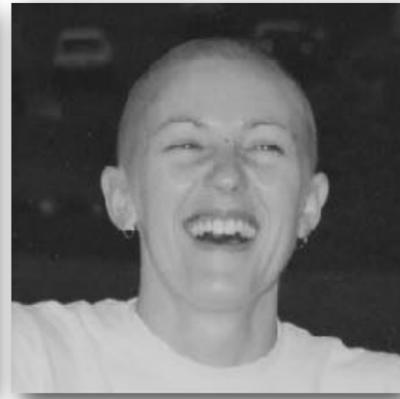
Plats préparés
sandwiches







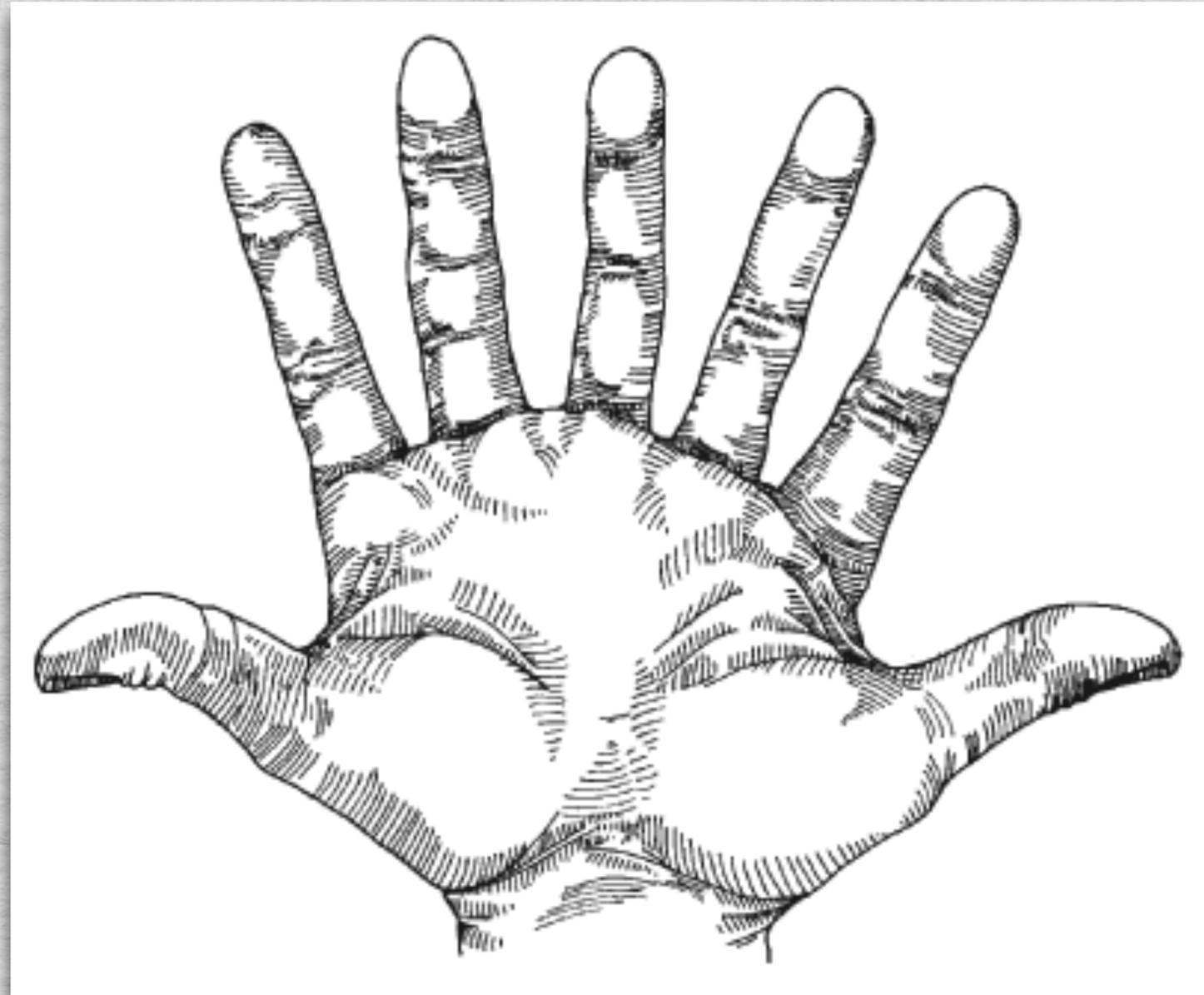








Several Themes Kept Coming Up



Do Life Well

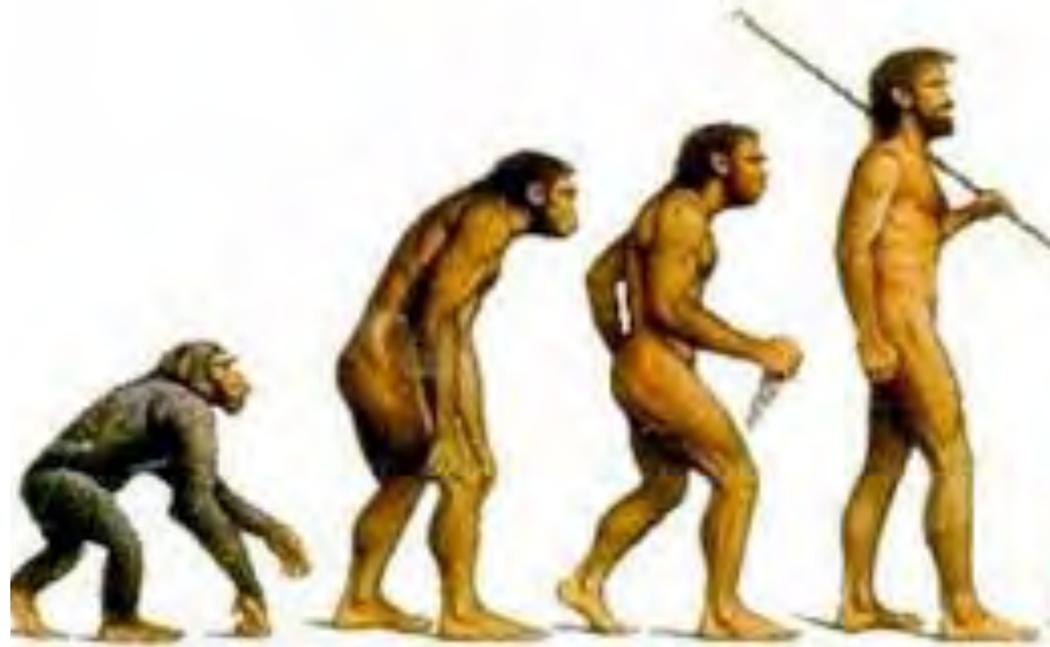


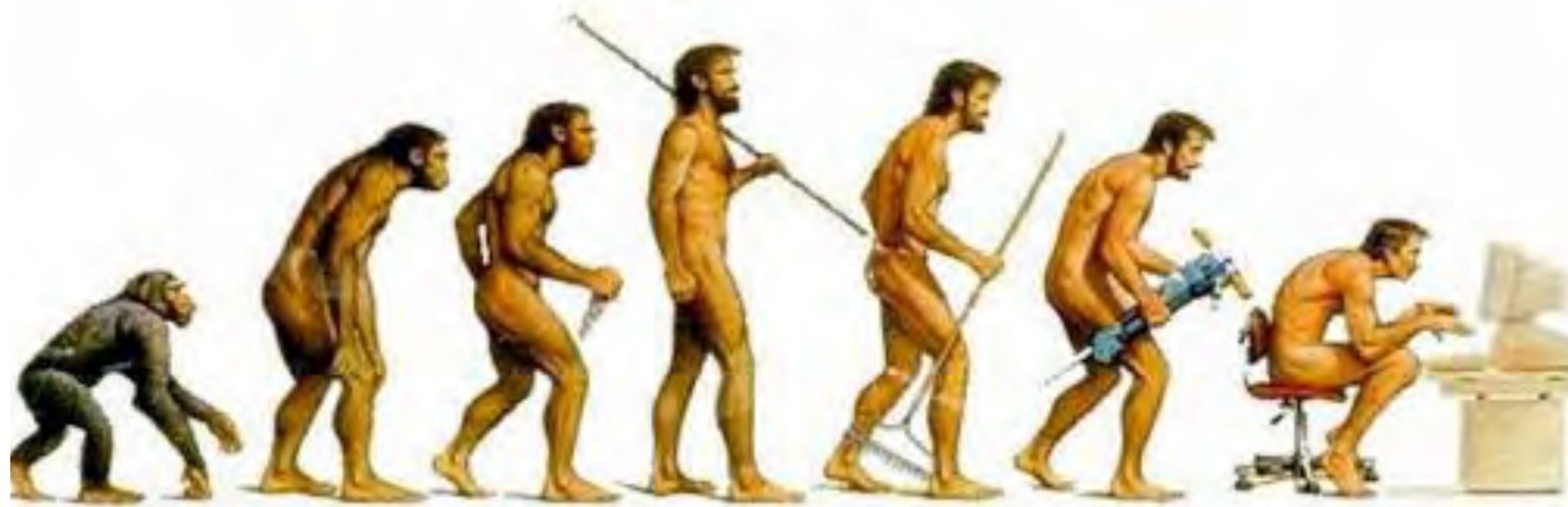
Do Pain Well



Do Change Well







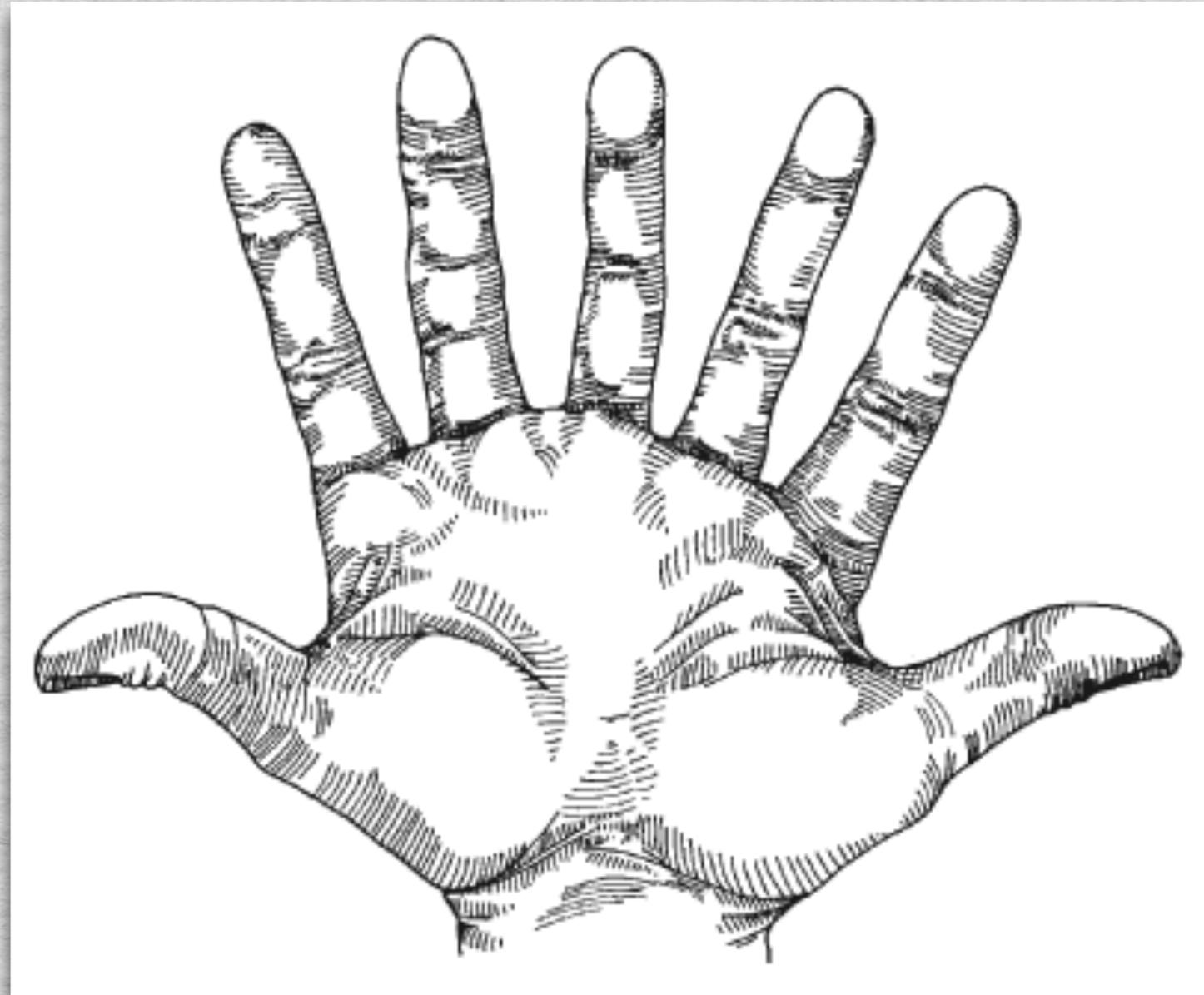






#Fear Less

Several Themes Kept Coming Up



#1: *Life Is Change*

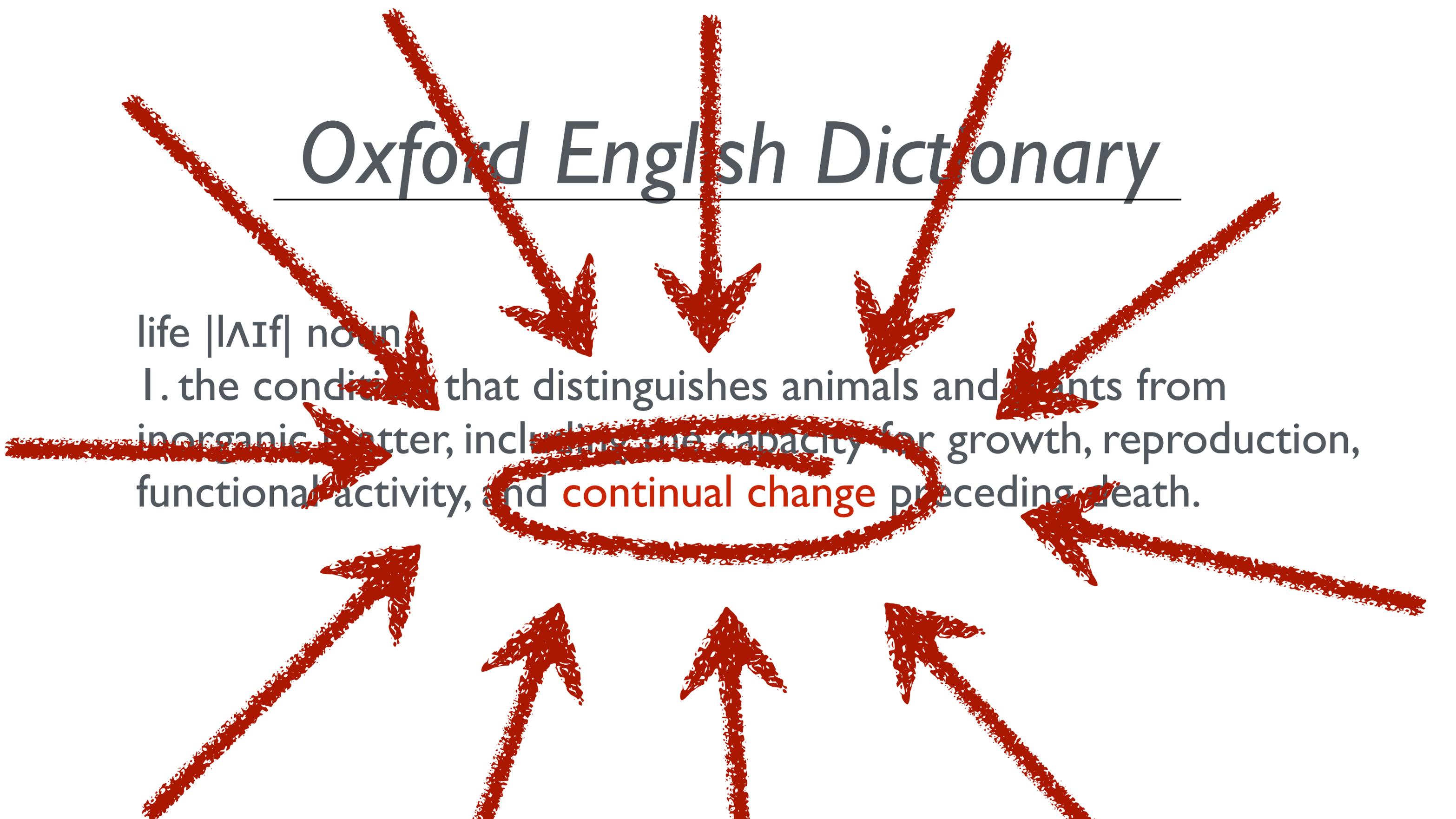


Oxford English Dictionary

life |lʌɪf| noun

1. the condition that distinguishes animals and plants from inorganic matter, including the capacity for growth, reproduction, functional activity, and continual change preceding death.

Oxford English Dictionary



life |lʌɪf| noun

1. the condition that distinguishes animals and plants from inorganic matter, including the capacity for growth, reproduction, functional activity, and **continual change** preceding death.

LIFE IS CHANGE



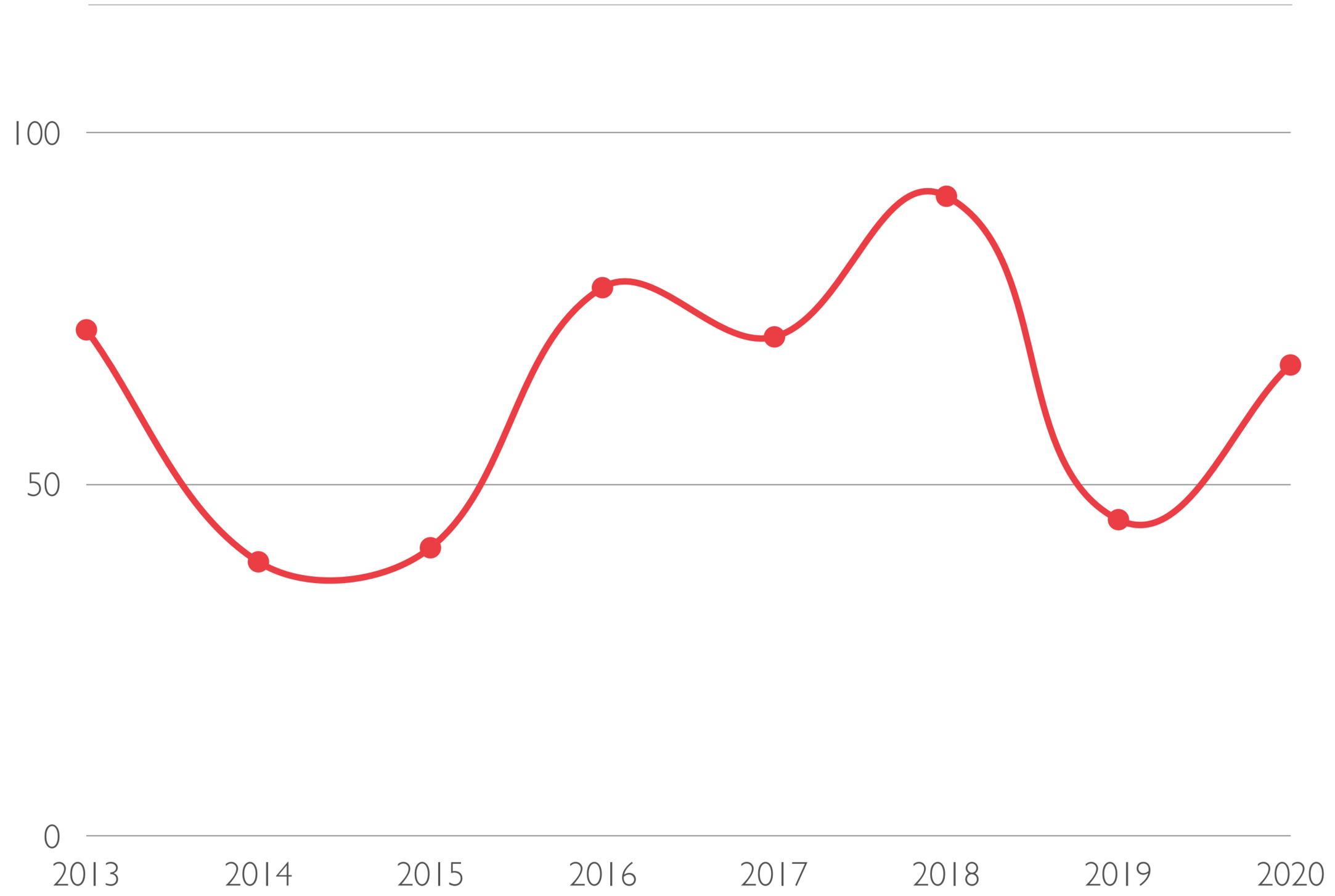
*WHEN YOU REFUSE TO CHANGE,
YOU DON'T HOLD ON TO THE PAST,
YOU JUST LOSE THE FUTURE*



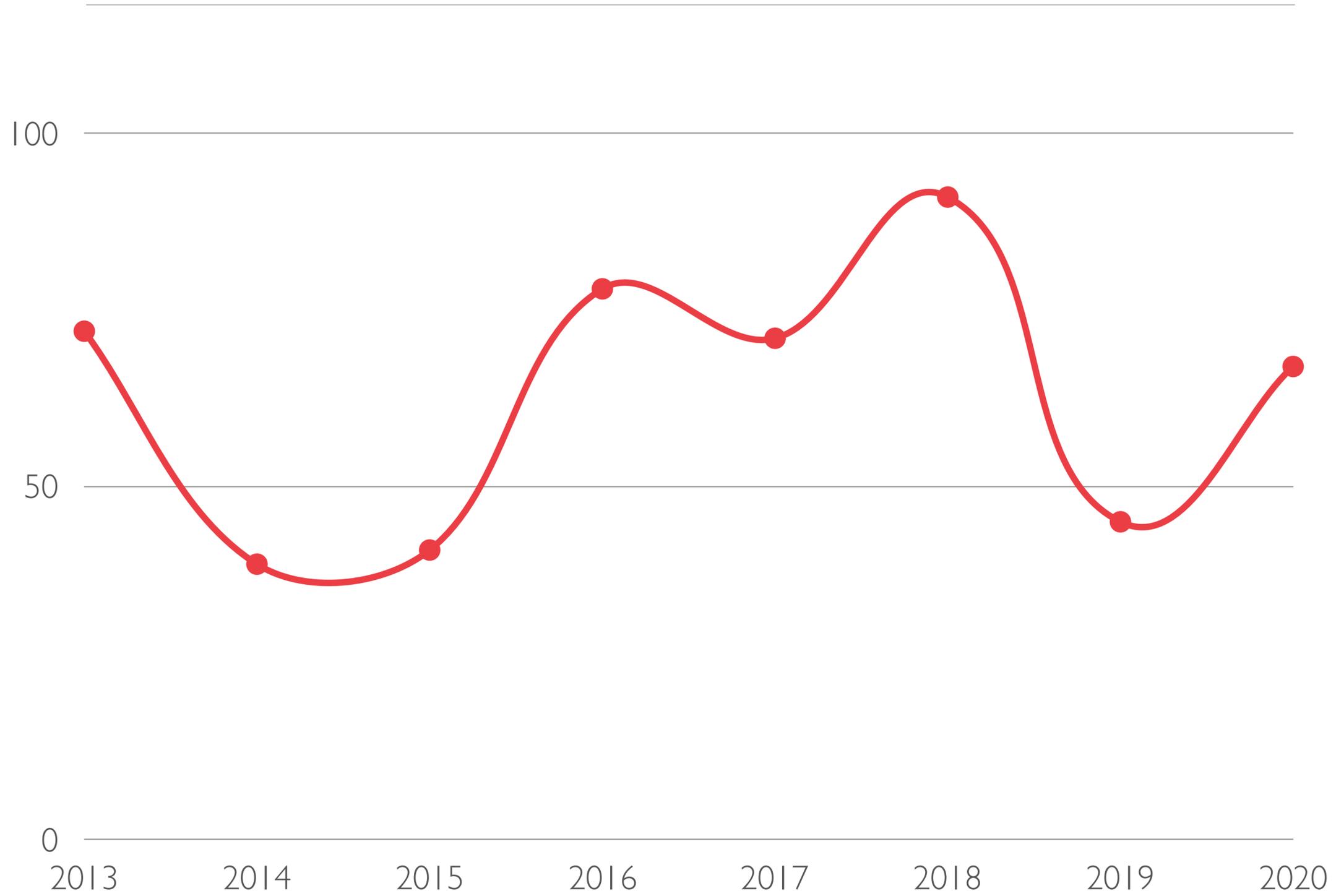




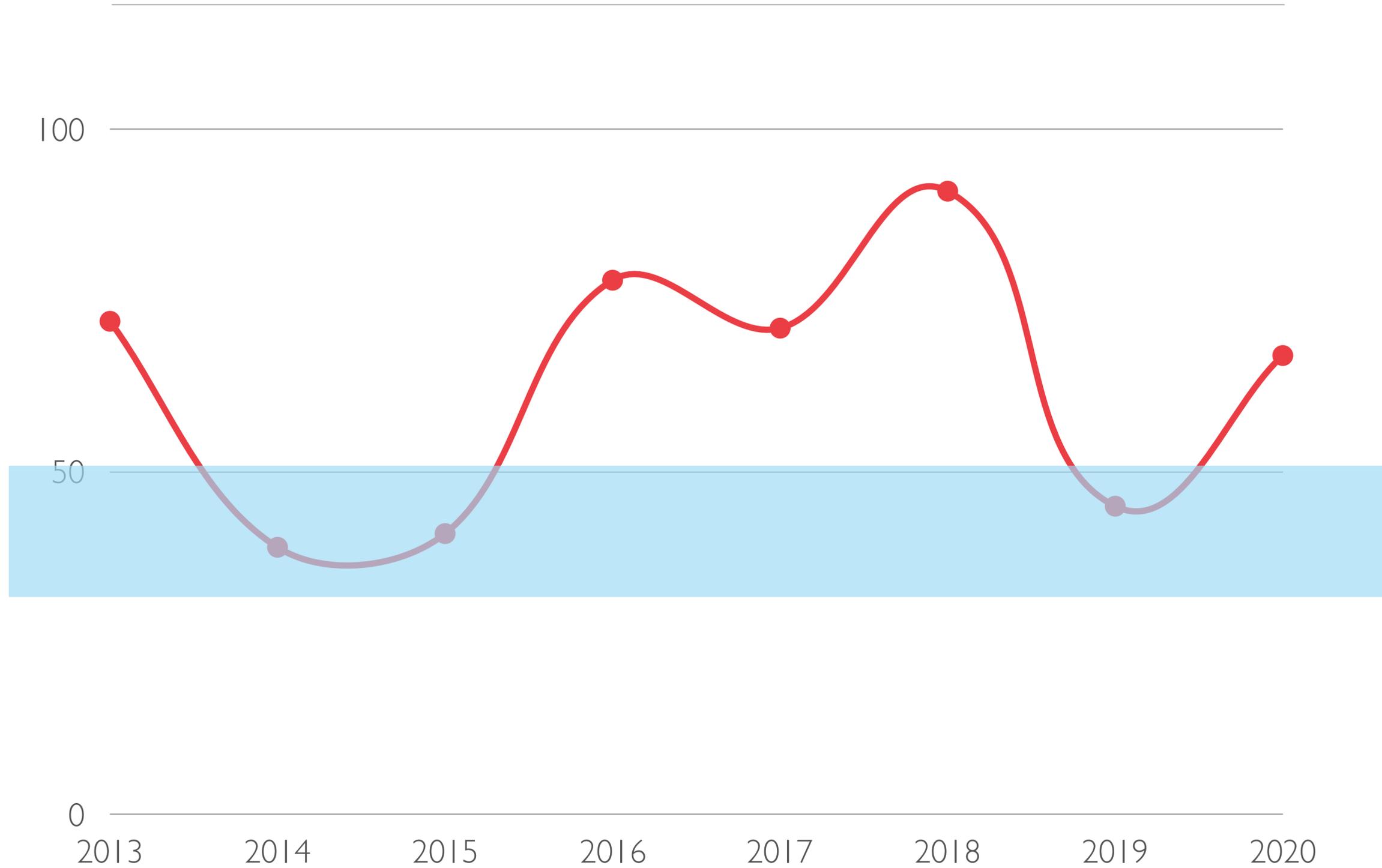
CHANGE PER YEAR



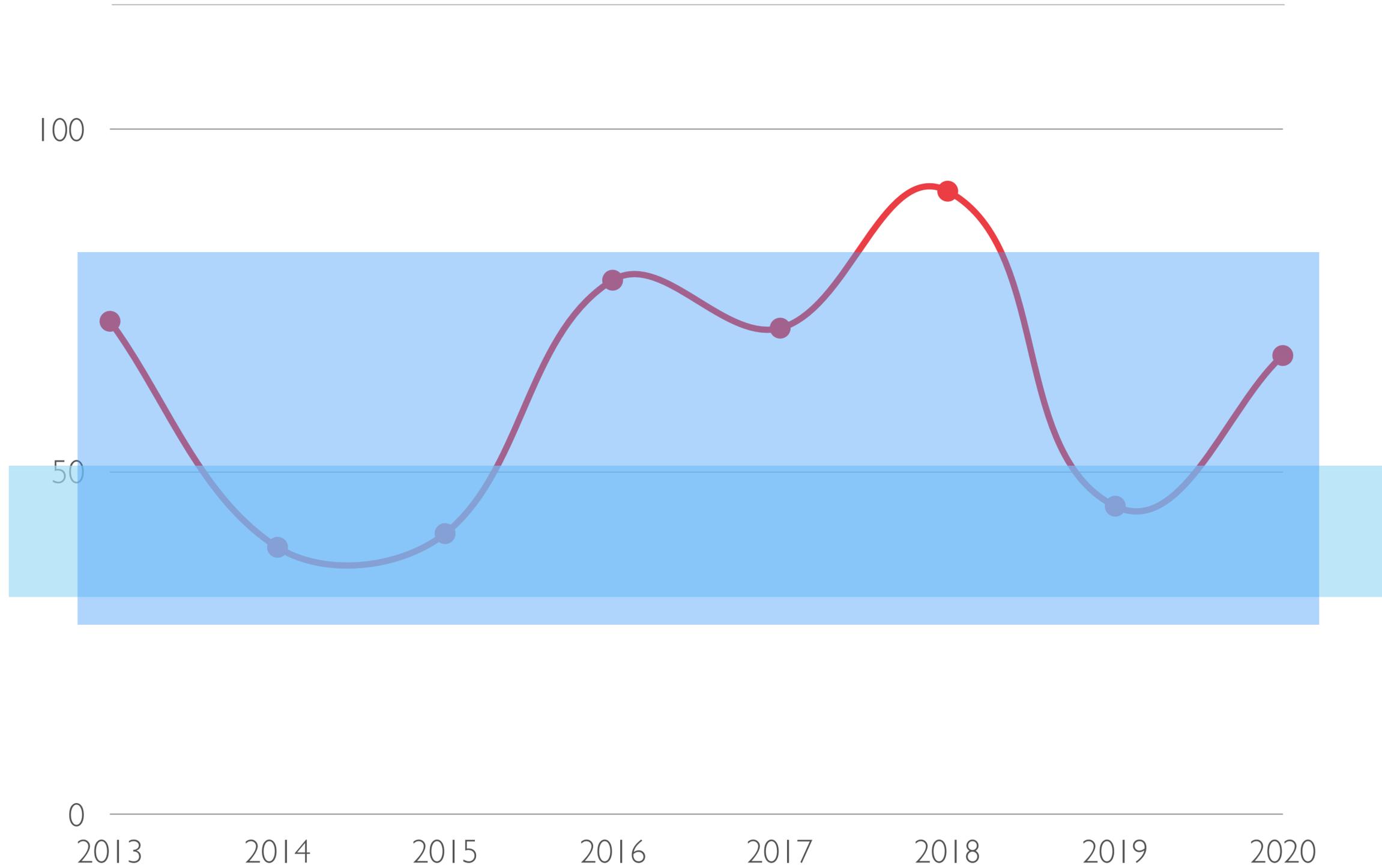
SIDESWIPIPES PER YEAR



SIDESWIPIPES PER YEAR



SIDESWIPIPES PER YEAR





#2: Accept There Will Be Tough Times



NAOMI SIMSON



We work in this whole “nice” world - you go to a child’s party and every kid gets a prize or they get upset. We all need to understand that life isn’t fair.

This is important: Life... is... not... fair.

There ARE tough times, so learn the lesson and move on.

MATT CHANDLER



You will get over the most painful experiences.

When you look back later, the worst things that ever happen will be the funniest stories you will tell again and again.

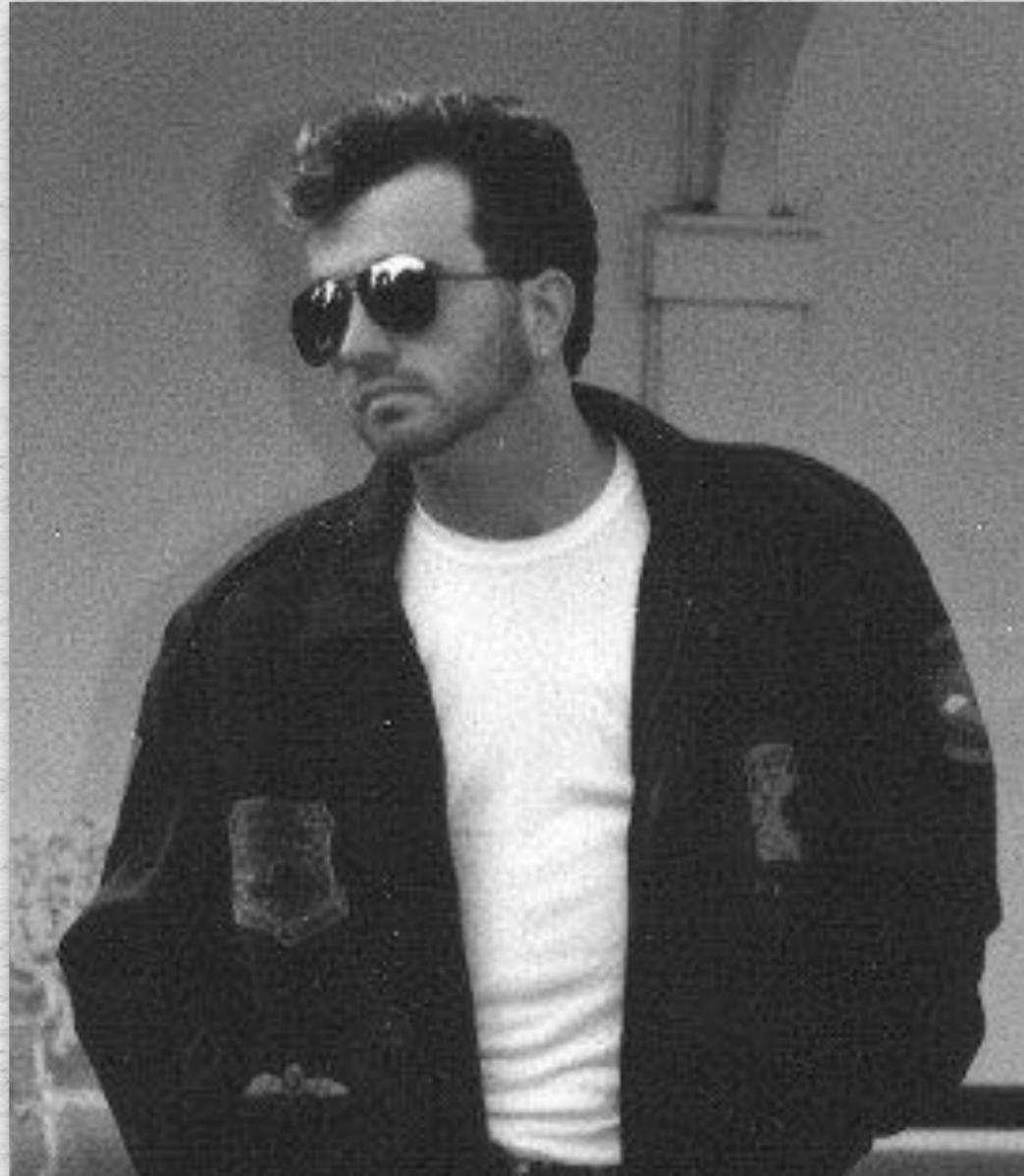
#2: *“Thank the A-Holes”*



TEAM

THERE IT IS
THE 'I' IN TEAM.
HIDDEN IN THE 'A' HOLE.

What Do You Wish You Knew?

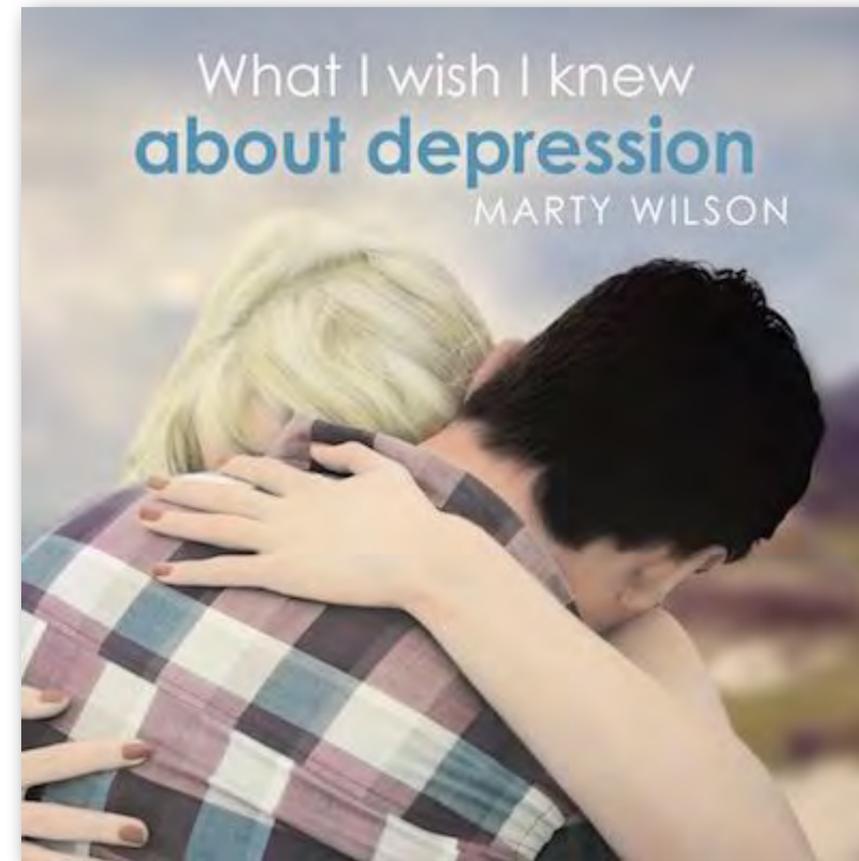
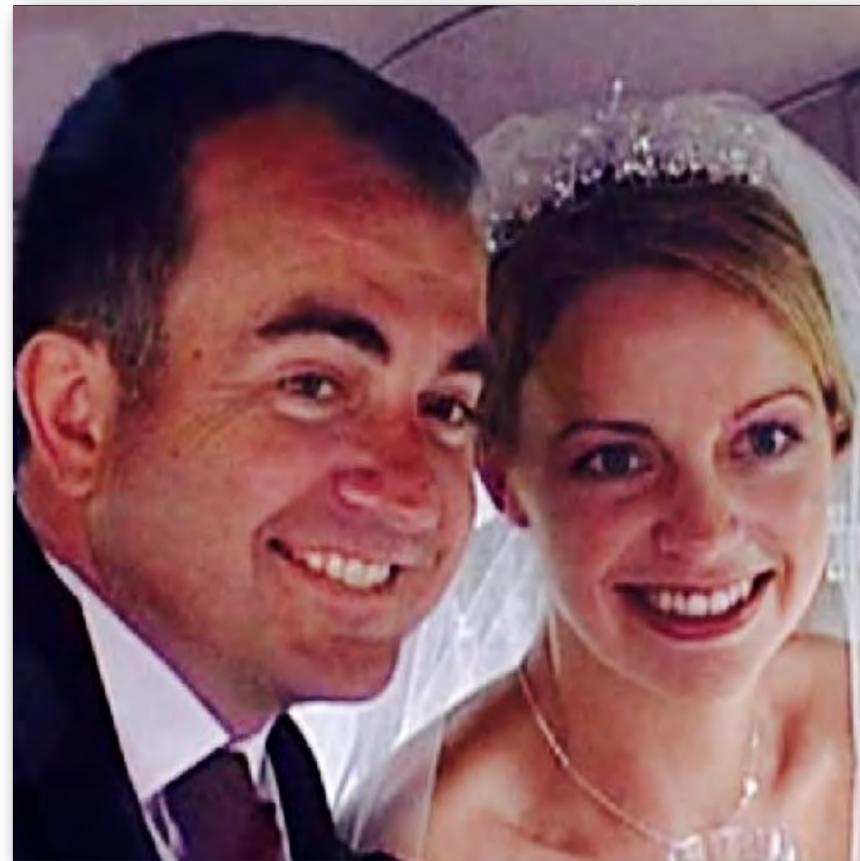


When was there a time in your life when you thought your whole world was caving in, but it actually showed you how tough you really are, or even wound up being the best thing that could have happened?

ALLIE WILSON



ALLIE WILSON



martinwilson.com/depression

ALLIE WILSON



Showing compassion towards my negative feelings and fears has greatly helped. As has self-hypnosis, meditation, and even just admitting to friends that I have depression and I'm learning to live with it instead of holding it inside and telling myself I'm weak.

Now I've reached the point that I'm actually grateful for the lessons my depression is teaching me.

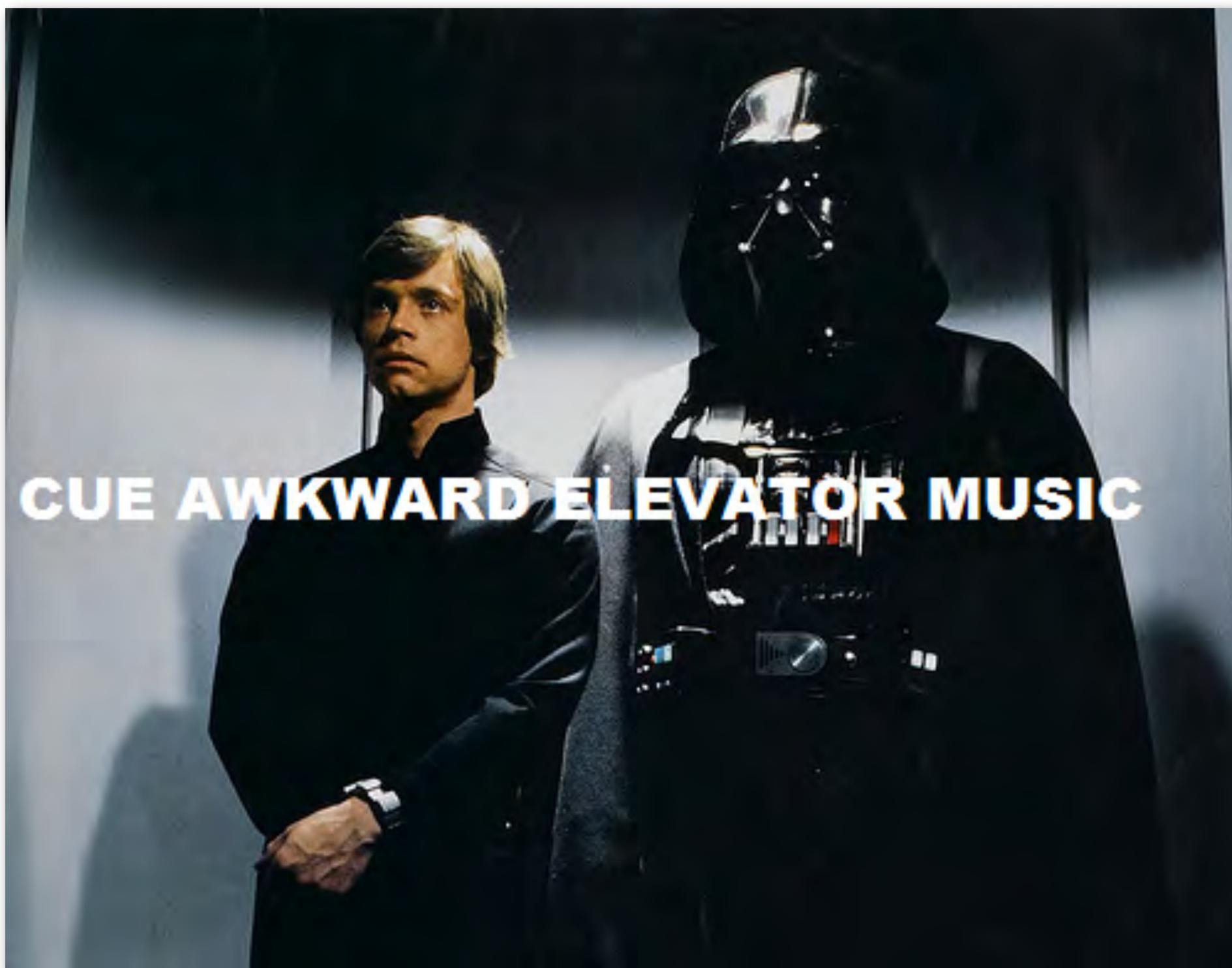
ALLIE WILSON



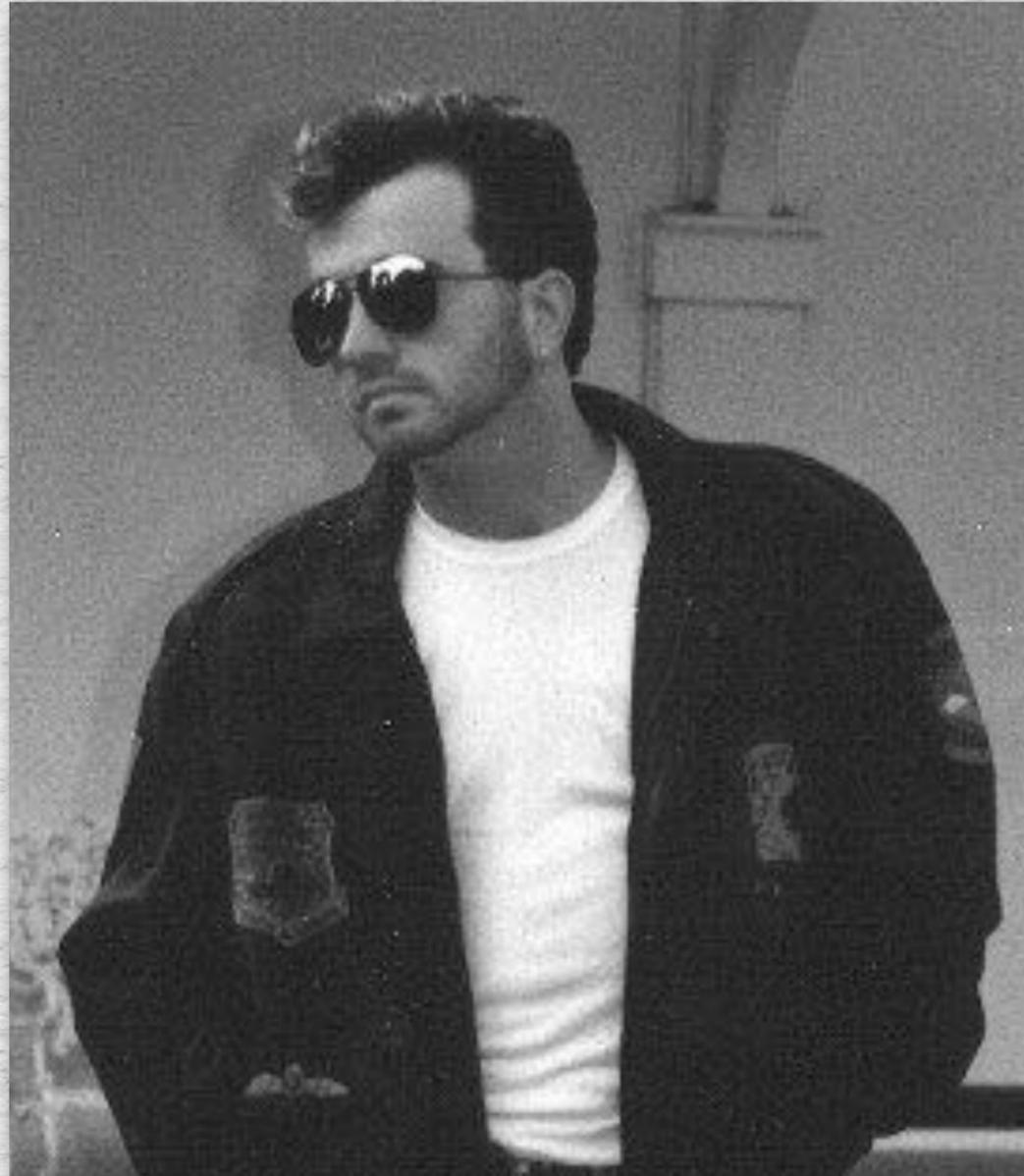
I have long thought that the most favourable moments for sowing and planting are times of trouble and storm.

Henri Lacordaire, OP

When was there a time in your life when you thought your whole world was caving in, but it actually showed you how tough you really are, or even wound up being the best thing that could have happened?



What Do You Wish You Knew?



***“Your only problem
is you think you
shouldn’t have problems”***

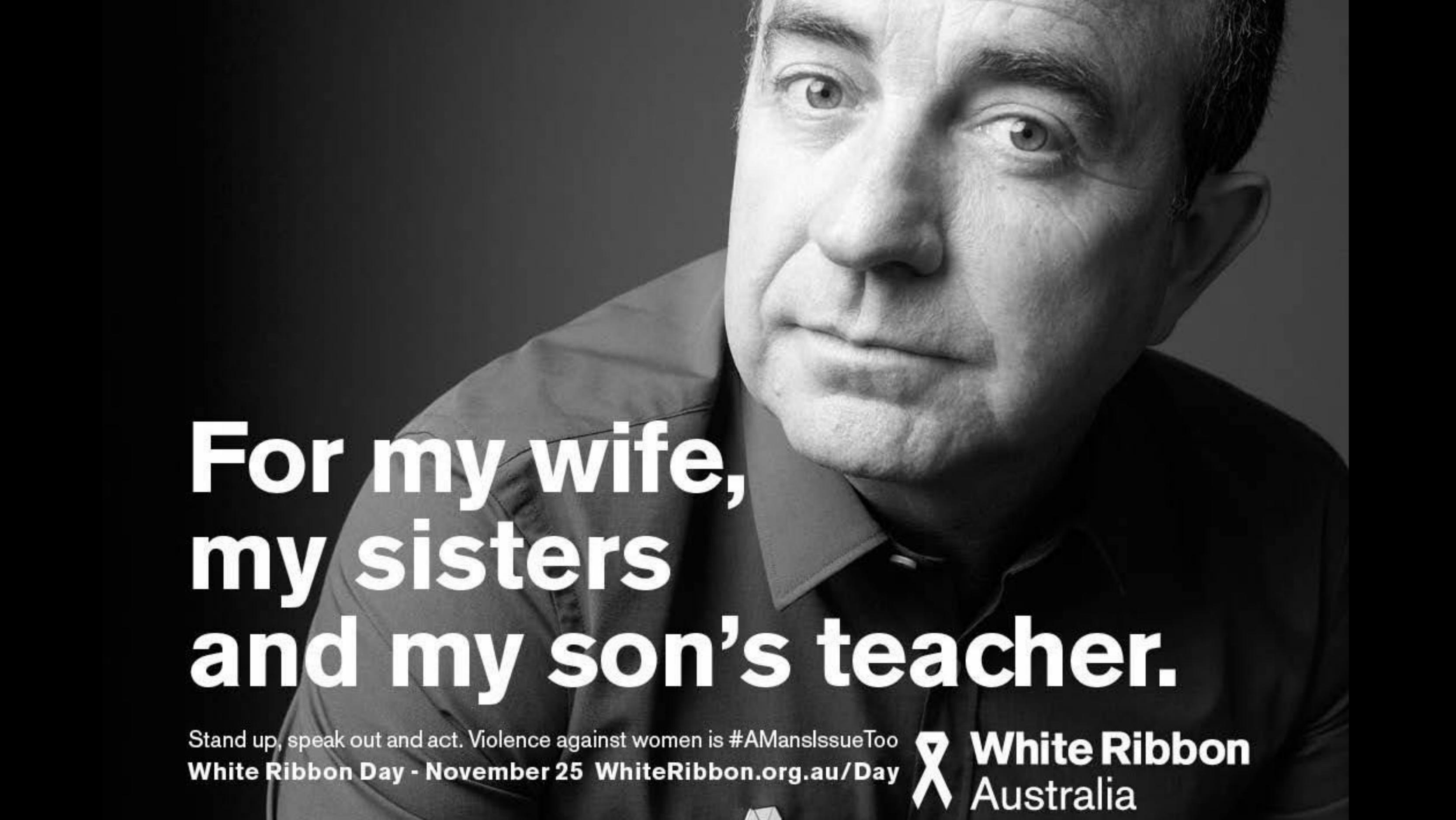
(Marty Wilson’s Annoyingly Wise Grandfather, Donnie Sinclair)



***“How quickly can you get
some perspective?”***

(Marty Wilson’s Annoyingly Wise Grandfather, Donnie Sinclair)





**For my wife,
my sisters
and my son's teacher.**

Stand up, speak out and act. Violence against women is #AMansIssueToo
White Ribbon Day - November 25 WhiteRibbon.org.au/Day



**White Ribbon
Australia**







#2: *Be Grateful for Tough Times*



Thank you!



#3: Take More Risks



WAYNE BENNETT



If you want to lead people, you have to get to know yourself. And to do that you have to stop and take some time looking inside.

So get comfortable with who you really are. When you can master that you can master anything. And be honest, don't try to be something you're not.

HETTY REED



The more you do, the more
you realise you CAN do...



HAVE PROPER CONVERSATIONS



GIVE IDEAS



ACCEPT IDEAS



LISTEN TO SOME CRAZY



ALLOW IT TO BE MESSY



I ALREADY KNOW...

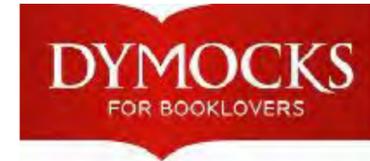




#FearLess



MACQUARIE



Bad

Stupid



Dumb

#5: Make More Mistakes



DAVID THOMPSON



**Stumble a lot and often.
Make mistakes.**

**Having made so many
mistakes in my life I've
developed a lot more
compassion for other
people's errors, foibles and
weaknesses.**



SKIING



HOSPITAL

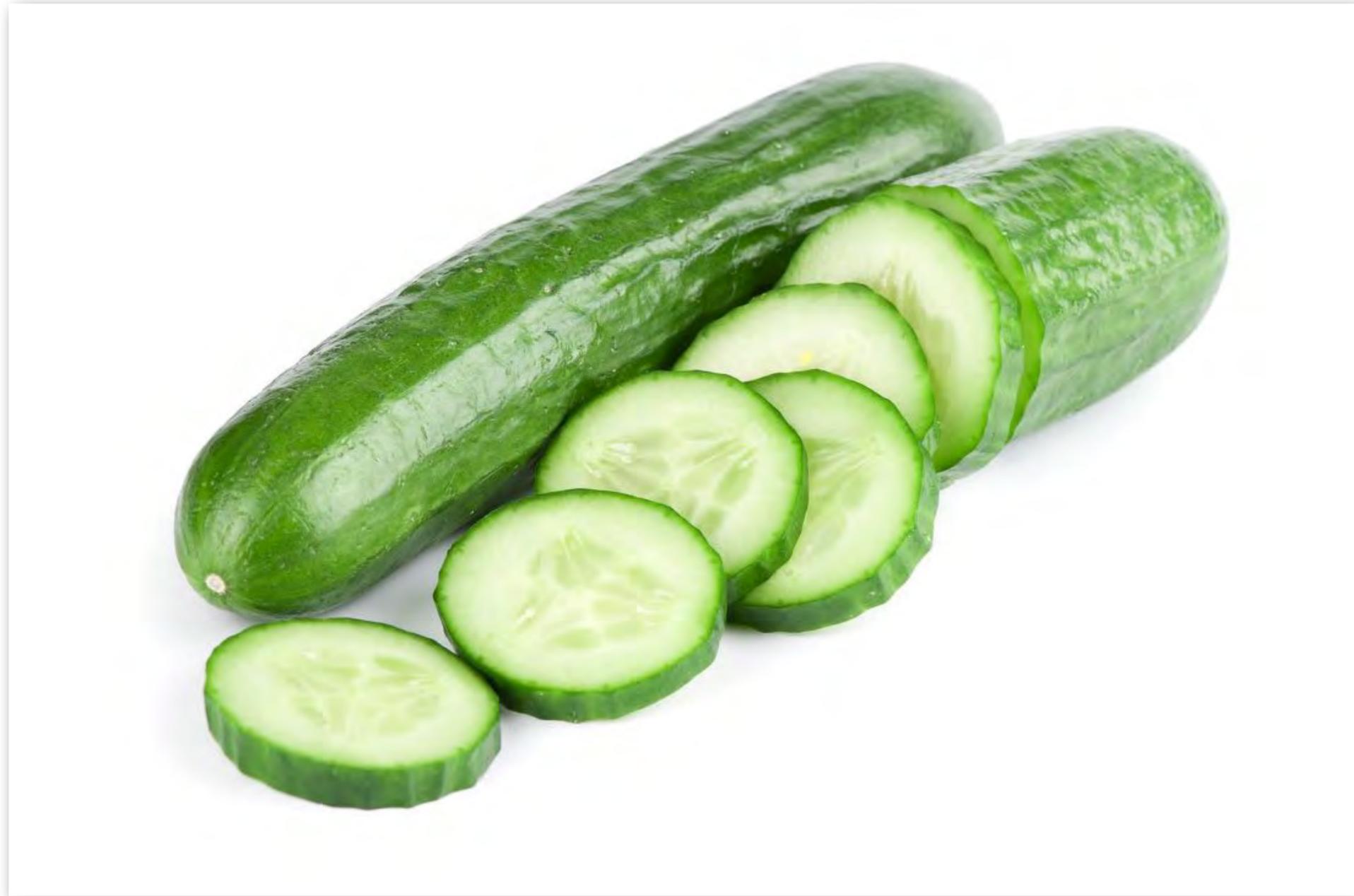
MINI
MART



Foff-gai-gow



On-err-ange



Cum-cooper



Faaaaaark!

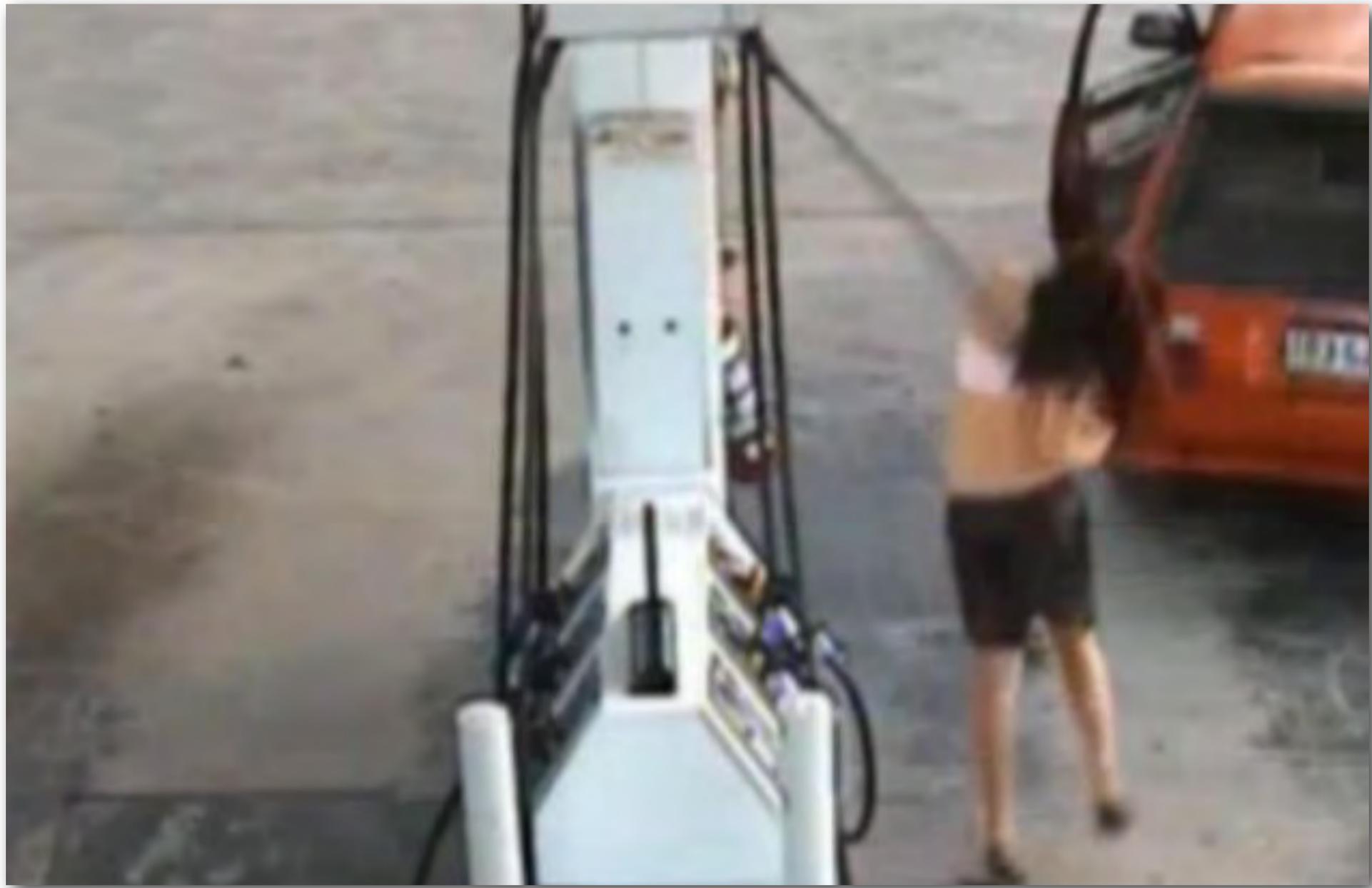


#FearLess

















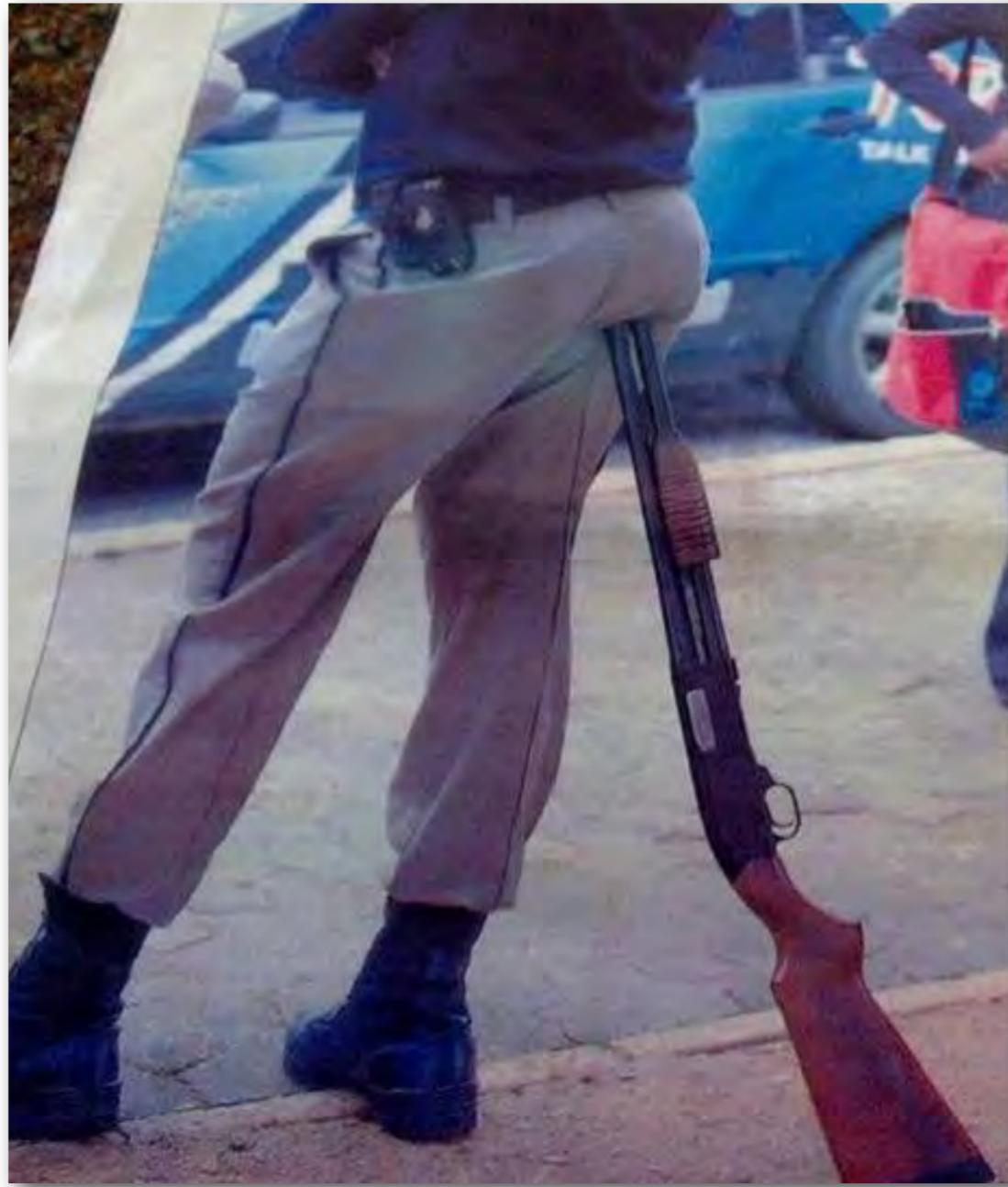


WIFE STABS HUSBAND WITH SQUIRREL









Joburg's dumbest policeman?

PHOTO: Disbelief, disgust is the reaction

ALEXISHA TIESSEN

"THIS image should be used by the police force in their training manual as an example of how not to handle a firearm," said Dr Johan Burger of the Institute of Security Studies.

He and other members of various organisations have expressed their absolute disbelief, shock and disgust at a photograph captured by a photographer from The Citizen showing the handling of a shotgun by a Johannesburg Metro Police officer outside the University of Johannesburg on Thursday during a student protest.

Burger said the image was "one of the stupidest examples of gun handling I've seen in a long time", adding it showed a complete lack of understanding and training in the safe handling of a weapon.

"There definitely should be some kind of action taken against this officer - even if it's just a refresher course. This example demonstrates poor training, negligence and total recklessness and does not provide a good example, especially for civilians, on how to treat and respect firearms."

Burger added the liability for the officer and his employer were huge should the firearm have gone off.

"Even if the gun was made safe, mistakes can happen and people can be hurt or killed. Any well trained person knows not to do such a thing," he said.

South African Gun Owners Association

Snip

This should be declared as a prime example of a lack of supervision, training and discipline.

unfit and should not handle a firearm.

"This is a prime example of a lack of supervision and discipline."

"The consequent behaviour is a disgrace. These are the people meant to be police officers. Gun safety there are no variations.

Gun Free South Africa's Crowsley said "this is a serious concern."

"The police force to build public trust, such an example by an officer of this nature built," she said.

Crowsley added "officers were given legislation, such as to be strictly followed."

Johannesburg spokesman Wayne Minto displayed his anger, "would definitely be a disgrace."

"Sitting on the contrary to the

#1: *Life Is Change*



#2: *Be Grateful for Tough Times*



#3: Take More Risks



#5: Make More Mistakes



#4: Make More Mistakes





#FearLess



and had
the things
right were
and not I
side when
they are
not than
big itself.

#5: *Lighten Up*



“

If you will laugh about it on your 80th birthday, start laughing about it NOW!

”









#LaughMore

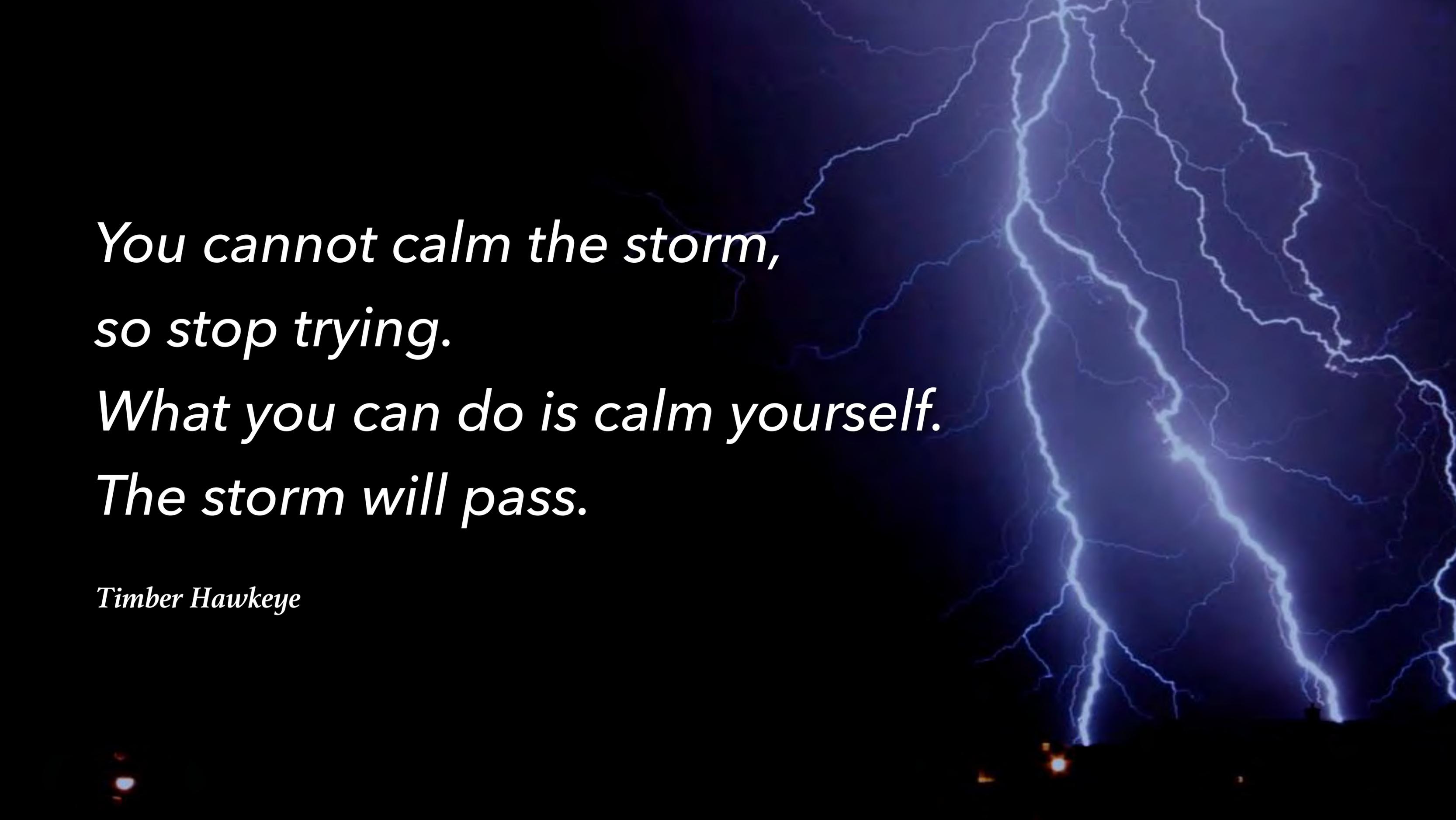
#FearLess



1. Reappraise threats and reduce stress (*Abel 2002*)
2. Increase personal resilience (*Kuiper 2012*)
3. Facilitate psychological well-being (*Lefcourt 2001*)
4. Greater positive affect (*Cann & Collette 2014*)







*You cannot calm the storm,
so stop trying.*

What you can do is calm yourself.

The storm will pass.

Timber Hawkeye

“

Humour, more than anything else in the human make-up, can afford an aloofness and an ability to rise above any situation, even if only for a few seconds.

Victor Frankl, Man's Search for Meaning

”



**BECAUSE WE'VE
ALWAYS DONE
IT THAT WAY**









**BECAUSE WE'VE
ALWAYS DONE
IT THAT WAY**



Don't live between the flags

Thank you for
swimming between the
red and yellow flags.

Thank you for
swimming between the
red and yellow flags.

*What is just outside
the flags for you?*



*What does that little voice
whisper in your ear when
you're awake at 2am?*









*So many people gingerly tiptoe
through life's ups and downs,
then sigh with relief as they
safely arrive at their grave.*

Marty Wilson











*A year from now you will wish
you had started today.*

Karen Lamb





LA GUERRE DES ETOILES CONTINUE...



LA GUERRE
**L'EMPIRE
CONTRE-ATTAQUE**
DES ETOILES™

Avec
MARK HAMILL • HARRISON FORD • CARRIE FISHER
BILLY DEE WILLIAMS • ANTHONY DANIELS

et avec DAVID PROWSE • KENNY BAKER • PETER MARNEY • FRANK OZ

Mis en scène par IRVIN KERSHNER • Produit par GARY KURTZ

Scénario de LEIGH BRACKETT et LAWRENCE KASDAN • Histoire de GEORGE LUCAS
Produit par GEORGE LUCAS • Musique de JOHN WILLIAMS

Film en Production • Couleur par Bunk Film Laboratories • Cléroux-Delannoy
L'Empire Contre-Attaque™ est une marque déposée de Lucasfilm Ltd.
© 1980 Lucasfilm Ltd. Tous droits réservés. 

Newfeeling (n):

(nju-fēliNG|) The physical sensation we all get when we're trying something different