



Getting Unstuck: build your resilience and creativity

November 2020

Today

- **Tips to build your personal resilience**
- **Practical tools to help you hold your nerve in uncertain times**
- **Ways to unlearn assumptions and thinking patterns**
- **Tools to think creatively to help yourself and your clients.**

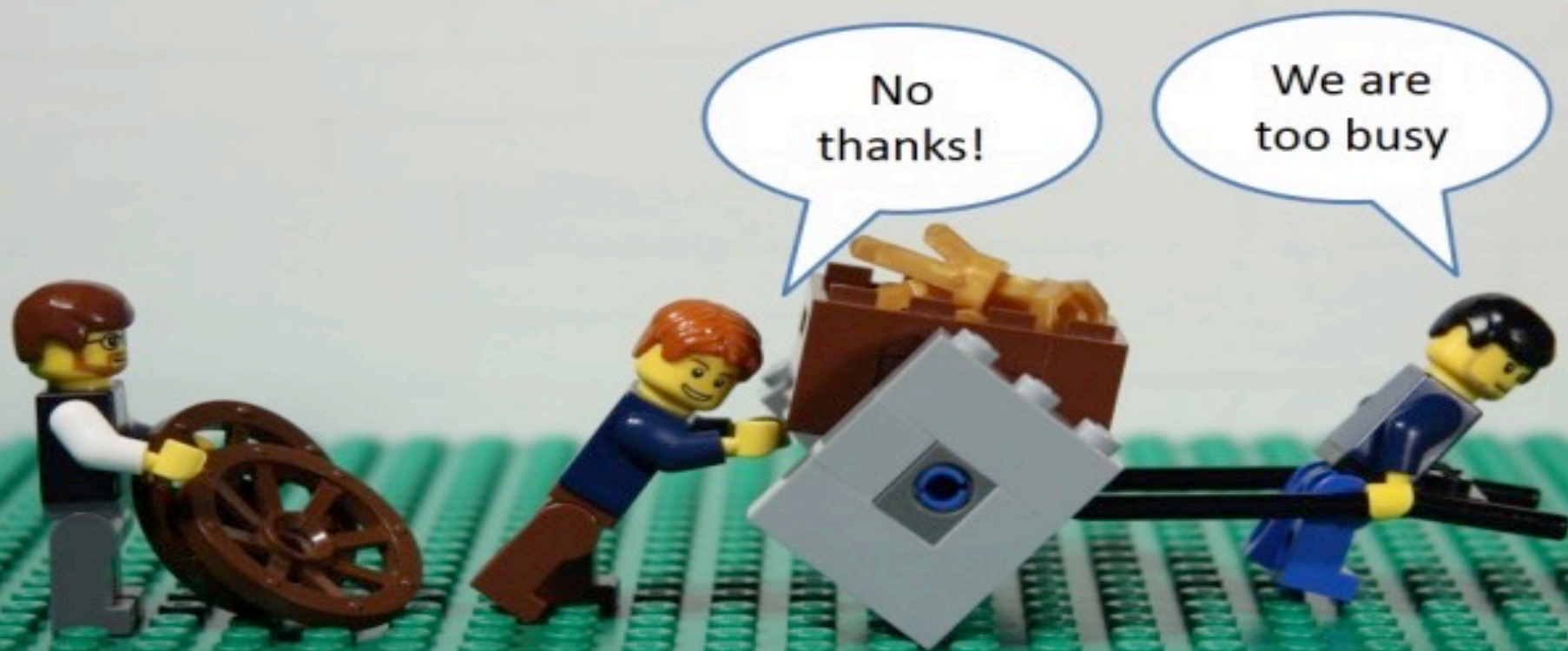
**Do you ever feel
stuck?**



What stops us?



Are you too busy to improve?

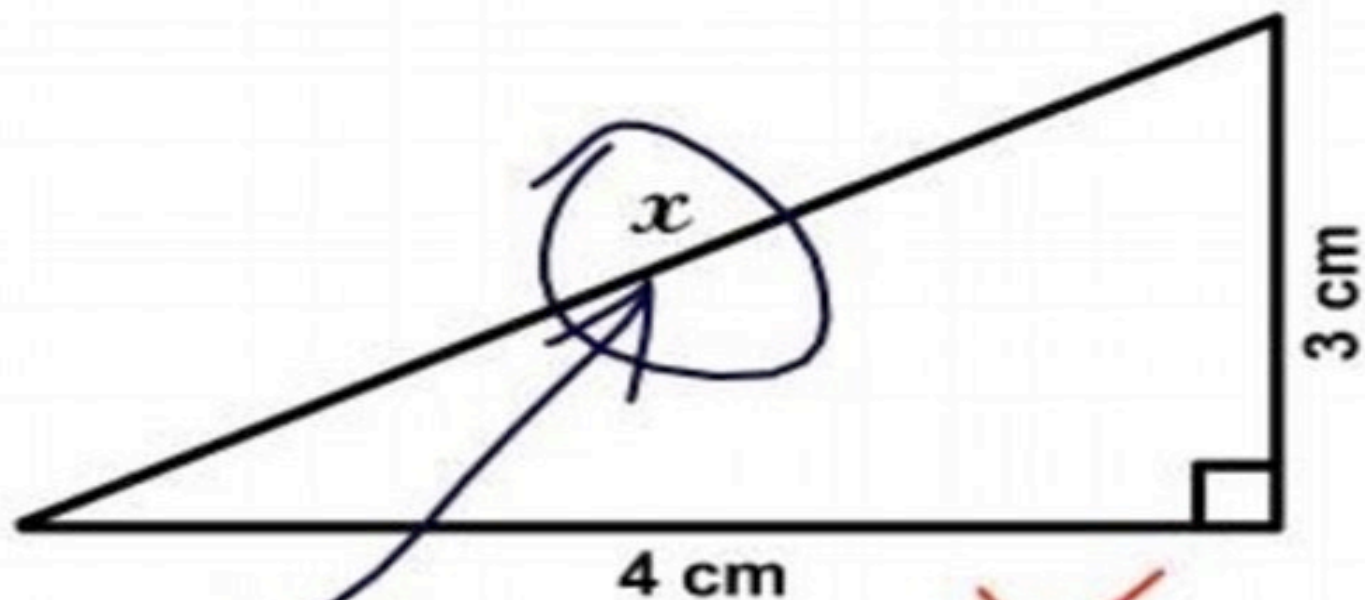


HELLO
my name is

Fear



3. Find x .



Here it is



Stress



Gremlins





Book of truths



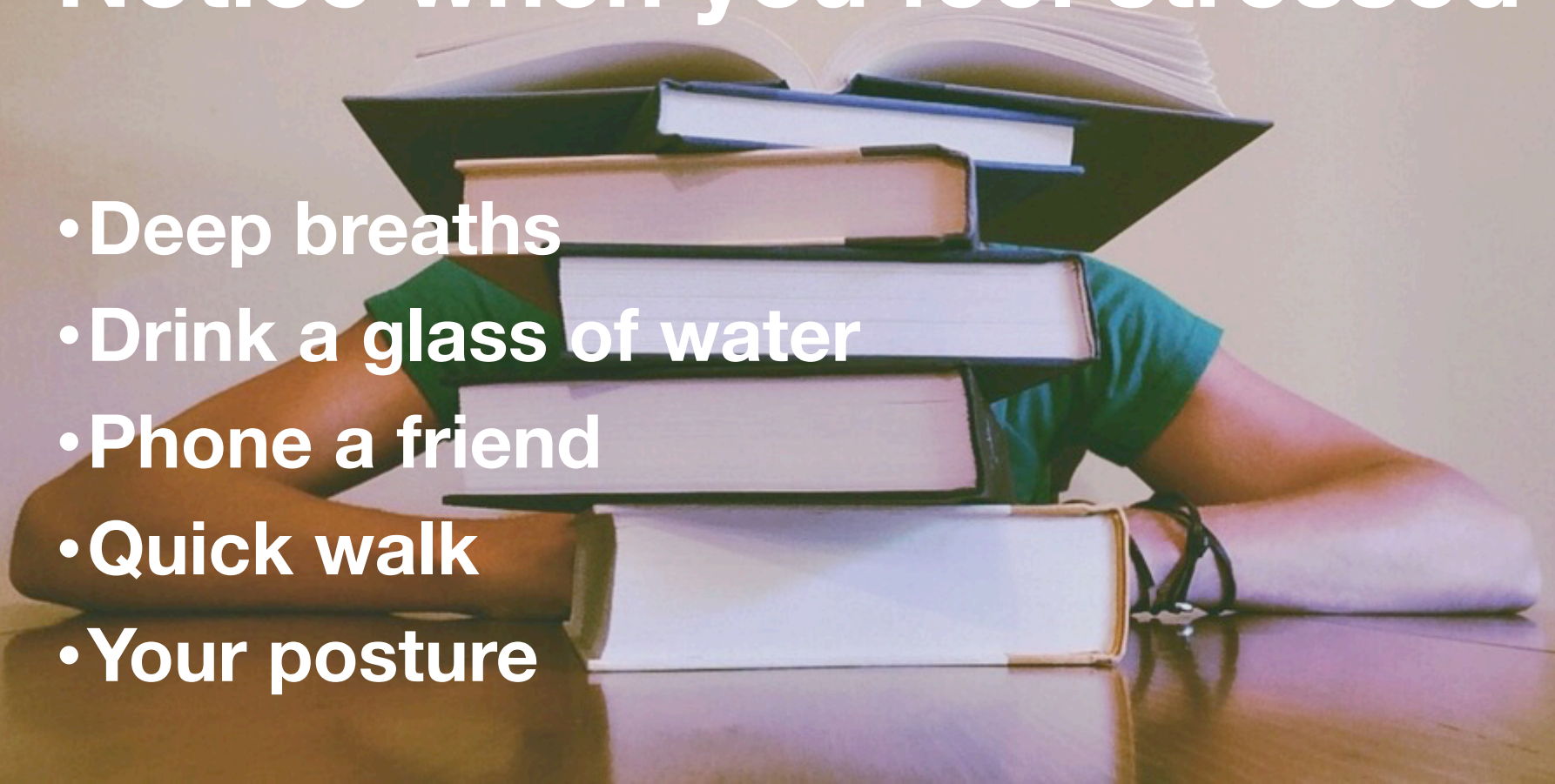
Stress


- Cortisol
- Adrenaline



Notice when you feel stressed

- Deep breaths
- Drink a glass of water
- Phone a friend
- Quick walk
- Your posture



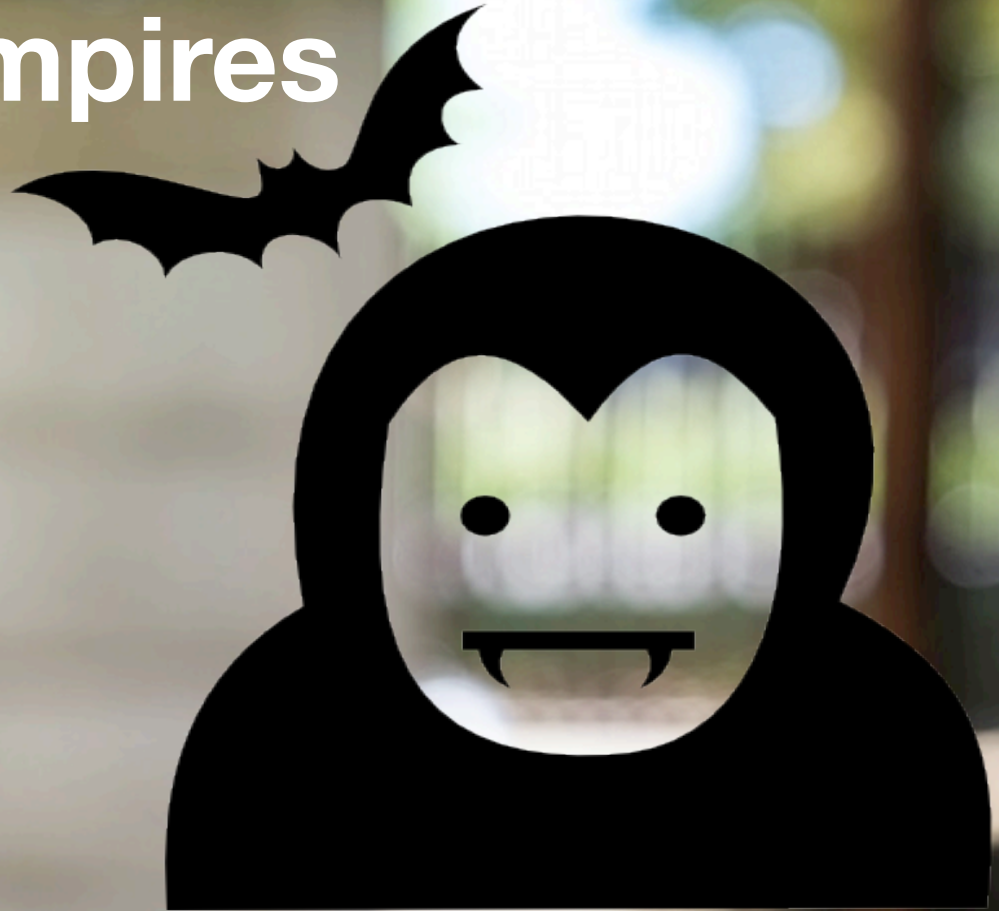
A close-up photograph of a vintage blue tin robot. The robot has a square head with a spring antenna on top. Its eyes are large, circular, and have a brown border. The mouth is a red rectangular slot with a black and white striped pattern inside. The robot's body is also blue and has a circular gauge with a red needle on the front. The background is a solid green color.

Many ideas
will fail.



Treat everything as a test

Angels and vampires

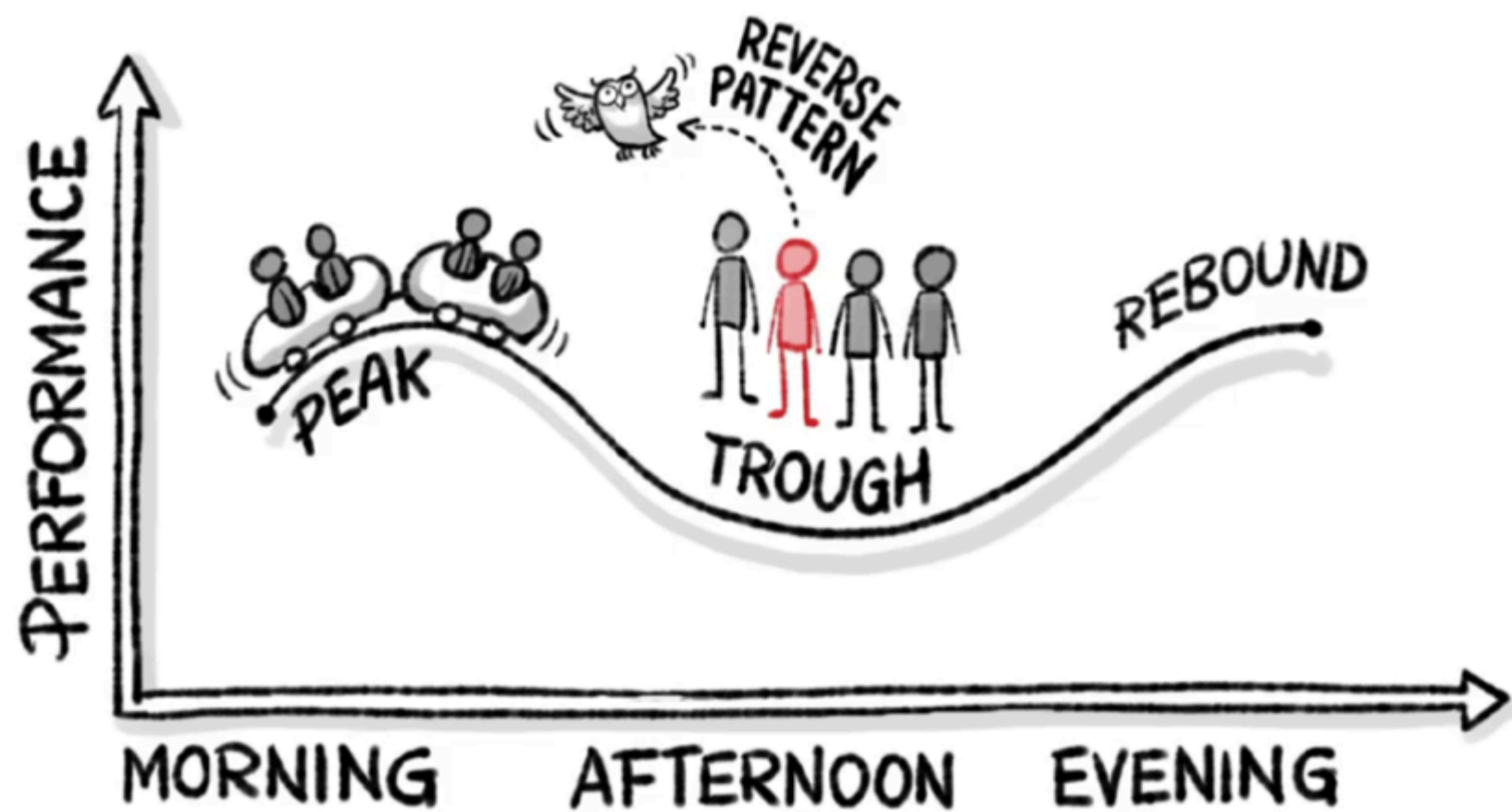


Find a way to make time because

Time to think is FUEL

for your resilience, creativity and productivity





When is important

Type of thinking	Lark	Owl	(Third bird)
Analytical	Early morning	Late afternoon and evening	Early to mid morning
Insight/creativity	Late afternoon/ early evening	Morning	Late afternoon/ early evening
Making decisions	Early morning	Late afternoon and evening	Early to mid morning

Creativity





**A way of looking at problems or
situations with a fresh perspective**



What pets do these people have?



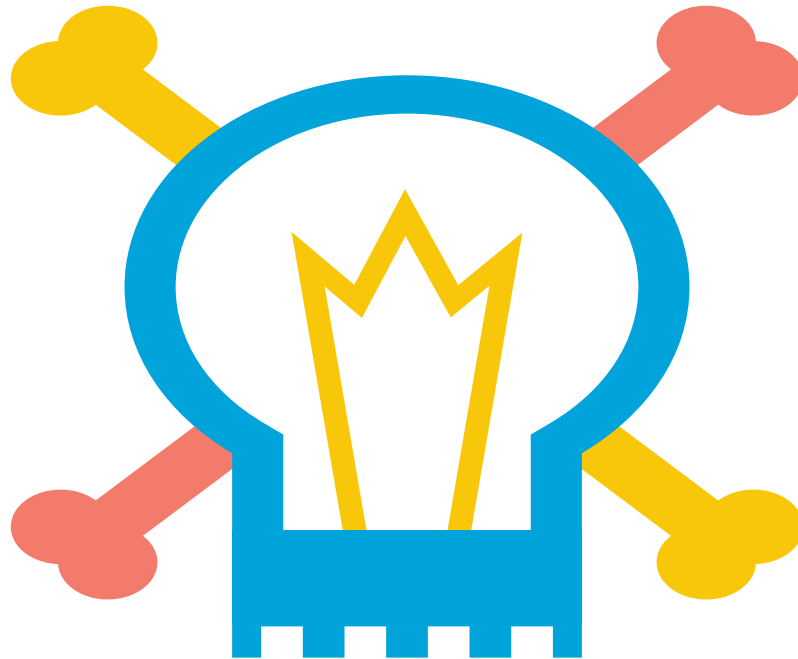
**For fresh ideas
you have to break
patterns**



yes and...

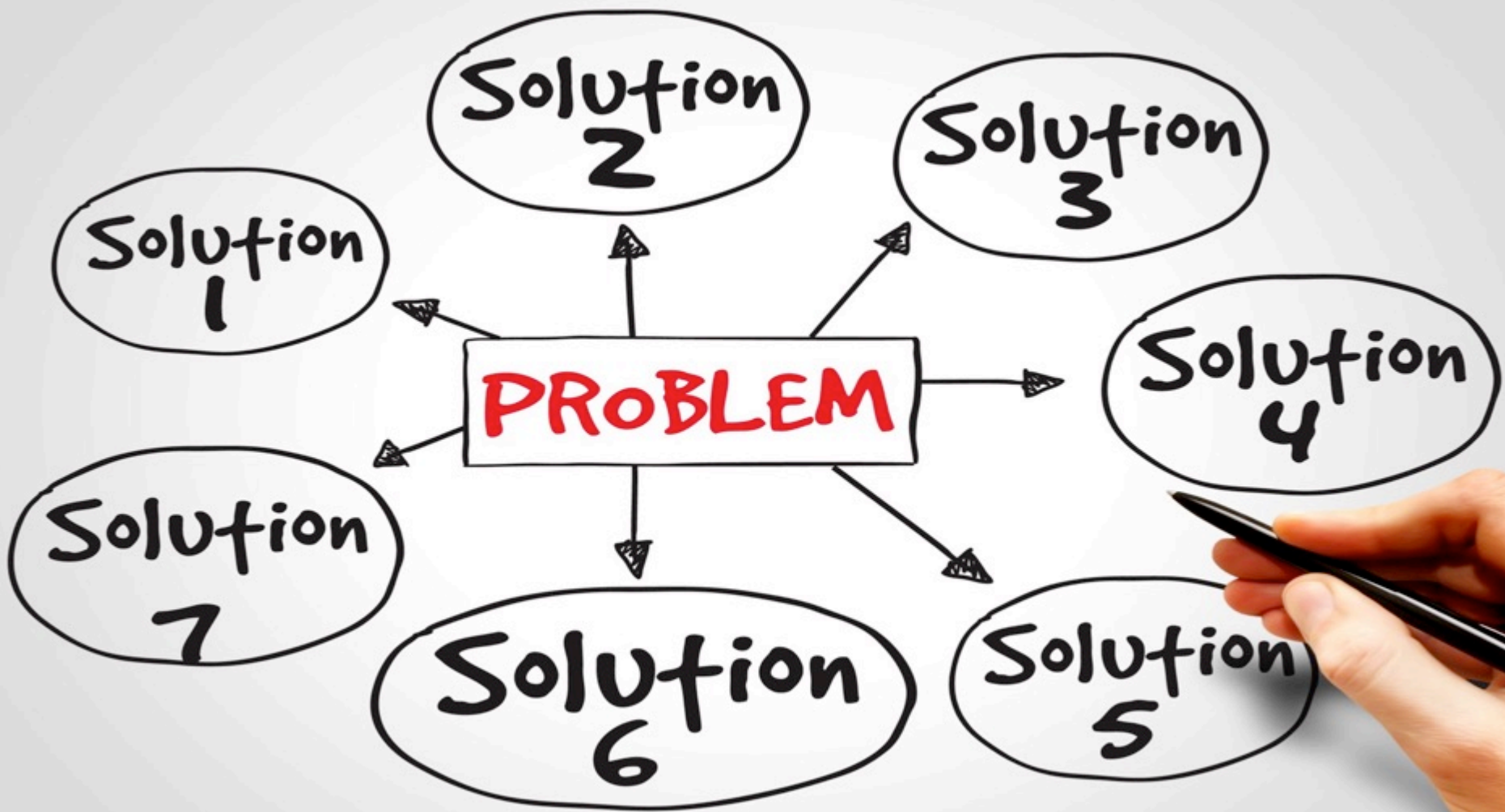


no idea killers



How might we?





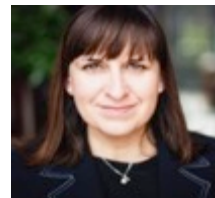
The summary slide

- **Keep your bucket topped up**
- **Acknowledge what makes you stuck**
- **Spot your triggers - and act**
- **Ask ‘why?’ and ‘How might we?’**
- **Know we all make assumptions**
- **Make time to think**



Your questions

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