

SyncUp4 Model for Mindset Development

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GALLERY WALK – to Introduce the 4 Capabilities

Dynamic Attention

Brain ignorant practices like multi-tasking and continuous partial attention reduce performance for all but the most routine activities.

Insight occurs in moments of focused and relaxed attention. It is hard to reflect when bombarded with stimuli.

Multi-tasking and continuous partial attention are brain limiting practices.

Dynamic Attention Questions:

What personal practices do you have that foster clear thinking?

Can you put the brakes on constant activity?

Do you listen to your 'executive director of wisdom'?

What are the biggest barriers to your focused attention?

What if you considered yourself a precious resource?

How do you support your own clear thinking?

Whole Person Capacity

Whole person self-awareness may hold the key to breaking out of the bondage of automaticity.

A whole person (SPINE) perspective is the backbone of human potential - and leadership.

S - Spiritual: inspire a sense of purpose and community at work

P - Physical: support the well-being and energy of the body

I - Intellect: embrace complexity and ambiguity

IN - Intuition: see patterns that source creativity and insight

E - Emotion: inform deep understanding of self and others

Whole Person Capacity Questions

Why should you - as a leader or practitioner - care about whole person awareness?

Why do our emotions have a special role in changing our mindset, brain and relationships?

If you focused on enhancing your well-being would you see an increase in performance?

How much of your whole self do you bring to work?

Strategic Clarity

Less than 10% of leaders have the mindset required to successfully deal with complexity. It can be improved with a disciplined practice of self-discovery.

Understanding our experience and memories paves the way to strategic clarity.

Changing the way our brain processes information is like changing the wiring. It only happens through examination of our patterns, habits and beliefs.

Prevent old stories from clouding your clarity by understanding your past from a wiser perspective.

Strategic Clarity Questions

Why do good leaders make bad decisions?

Have you processed memories and experiences from your past to produce new understanding?

What price do you pay when you are on autopilot?

Are you comfortable challenging the status quo in yourself and others?

Authentic Collaboration

Complex environments require an agile response to change and genuine collaboration inside and outside of the organization.

The quality and nature of our relationships regulate fear, anxiety and stress.

Neuroplasticity, the ability to change our brain for greater effectiveness, is optimized in the context of familiar and caring relationships.

Empathy represents the foundation skill for all social competencies important for work.

The ability to keenly understand ourselves and others is paramount to navigating complexity.

Authentic Collaboration Questions

Are your leaders available, responsive and reliable?

Does your professional environment support caring, empathic and transparent relationships?
How about inspire them?

Is it easier for you to have compassion for yourself or others?

What blocks the deep spirit of inquiry in you and in your organization?