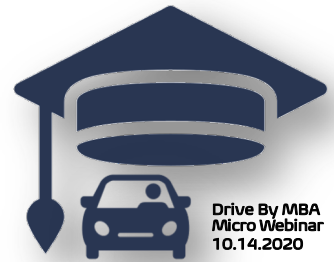




How to Differentiate Stressors from Catalysts for Positive Change



Drive By MBA
Micro Webinar
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Key Takeaway:

Research tells us that in business, **ALL** stressors can be catalysts for positive change, and are often the source of personal, organizational and industry breakthroughs.



Develop your awareness

- ▶ Know your “stress signals”; acknowledge when they occur to shift into proactive mode
- ▶ Slow down enough to consider that stress is natural; without it we’d be unsuccessful
- ▶ Identify several ways stress could be helpful
- ▶ Stop expecting stress to go away; choose instead to work with it



Cultivate a positive mindset

- ▶ Realize that this is a deliberate choice
- ▶ Remind yourself that good outcomes only come from positive mindsets (and the opposite is true)
- ▶ View your struggles as inspiration vs. desperation
- ▶ Remember that everything that you’ve been successful at required hard work, struggles and setbacks



Source strategies

- ▶ Resist the impulse to react immediately; instead take a moment (or more) to get some perspective
- ▶ Always reach out to others; share the pressures, collaborate, brainstorm and jointly search for answers
- ▶ Break the stressful situation into component pieces and identify step-by-step tasks
- ▶ Channel your energy to innovation; it’s at its peak when you’re under stress