ADAPTIVE LEADERSHIP
Creating Strategies in Times of Disruption

www.womensmediagroup.org

STACEY STAATERMAN coaching
The pessimist complains about the wind.

The optimist expects it to change.

The leader adjusts the sails.

John Maxwell
ADAPTIVE LEADERSHIP DRIVERS

1. Empathy
2. Connection with others
3. Self Care
4. Kindness
5. Communication
6. Mindful response
7. Clear minded decision making
“We do not see the world as it is, we see it as we are.”

Anais Nin
Strengthen Adaptive Mindset

WHAT CAN YOU CONTROL RIGHT NOW
What can you control?

**CAN CONTROL**
- Sleep
- Exercise
- Time watching the news
- Who you talk to
- How much I worry
- What you eat
- How I spend money

**CAN INFLUENCE**
- Furloughs
- Layoffs

**CAN’T CONTROL**
- Economy
- Social Distance Rules
- Quarantine
- TP Shortage
- Coronavirus
- The CDC
- School Closures
- HANDOUT

HANDOUT
“Leaders must either invest a reasonable amount of time attending to fears and feelings, or squander an unreasonable amount of time trying to manage ineffective and unproductive behavior.”

— Brené Brown
ADAPTIVE LEADERSHIP IS A BEHAVIOR

1. Assess threats with a clear mind
2. Separate fact from fiction
3. Stay connected to the people
4. Control what you can control
5. Let go of what you can’t control
6. Embrace an adaptive thinking — ask what if?
“Through each crisis in my life, with acceptance and hope, in a single defining moment, I finally gained the courage to do things differently.”

Sharon E. Rainey
Wednesday, 4/15, 5:00-6:00 p.m.
RSVP at Women’s Media Group Website