

Handouts & Resources

The Essence of Leadership Paradigms:

Exploring one's individual needs amid volatility and ambiguity

- ◇ [How to be a Supportive Manager When Times are Tough](#)
- ◇ [Stress Model: Dr. Ginger Lapid- Bogda, Ph.D.](#)
- ◇ Lapid-Bogda, G. (2004). *Bringing out the best in yourself at work.* McGraw-Hill Education.
- ◇ [V.U.C.A. 2.0](#)

Additional Resources:

- ◇ [Reframe How You Think About Self Care](#)
- ◇ [There's No Right Way to do Self Care](#)
- ◇ [How Leaders Can Balance the Needs to Perform and Transform](#)

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Self Reflection:

What do you need to maintain or re-establish a sense of stability amid volatility and ambiguity?

VUCA

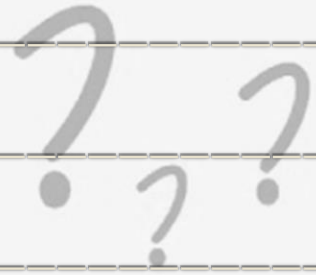
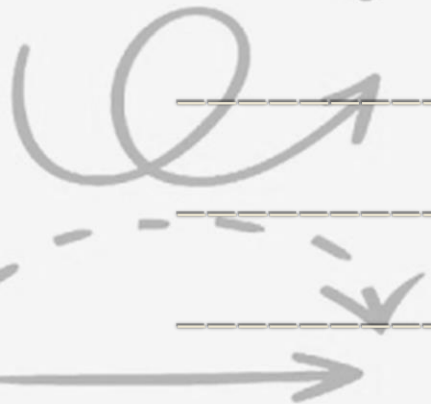
How have you been impacted?

Volatility

Uncertainty

Complexity

Ambiguity



• Body

Fatigue,
Headaches,
Over/undereating,
Sleep Problems
Lowered Immune
System

• Mind

Worry,
Diminished
Problem Solving
Brain fog,
Negative Thinking,
Unfocused

STRESS IMPACT

• Behavior

Lethargic,
Under-responsive,
Over-reactive,
Indecisive,
Erratic Decisions
Withdrawal,
Lashing out

Anxious,
Excitability,
Despair,
Apathy,
Irritability,
Depressed,
Anger

• Emotions



WANTING

Absorb knowledge in areas perceived as important and intriguing

Enable the best to manifest and keep the worst from occurring

Possibility of new, stimulating, exciting and pleasurable

Recalibrate the Thought.





WANTING

Meet the needs of others by continuously offering gifts, resources and advice

Respect from others for being successful and worthy of admiration

Deep, authentic relationships with self and others

Recalibrate the Relation.





WANTING

Truth, justice and situations to be under control

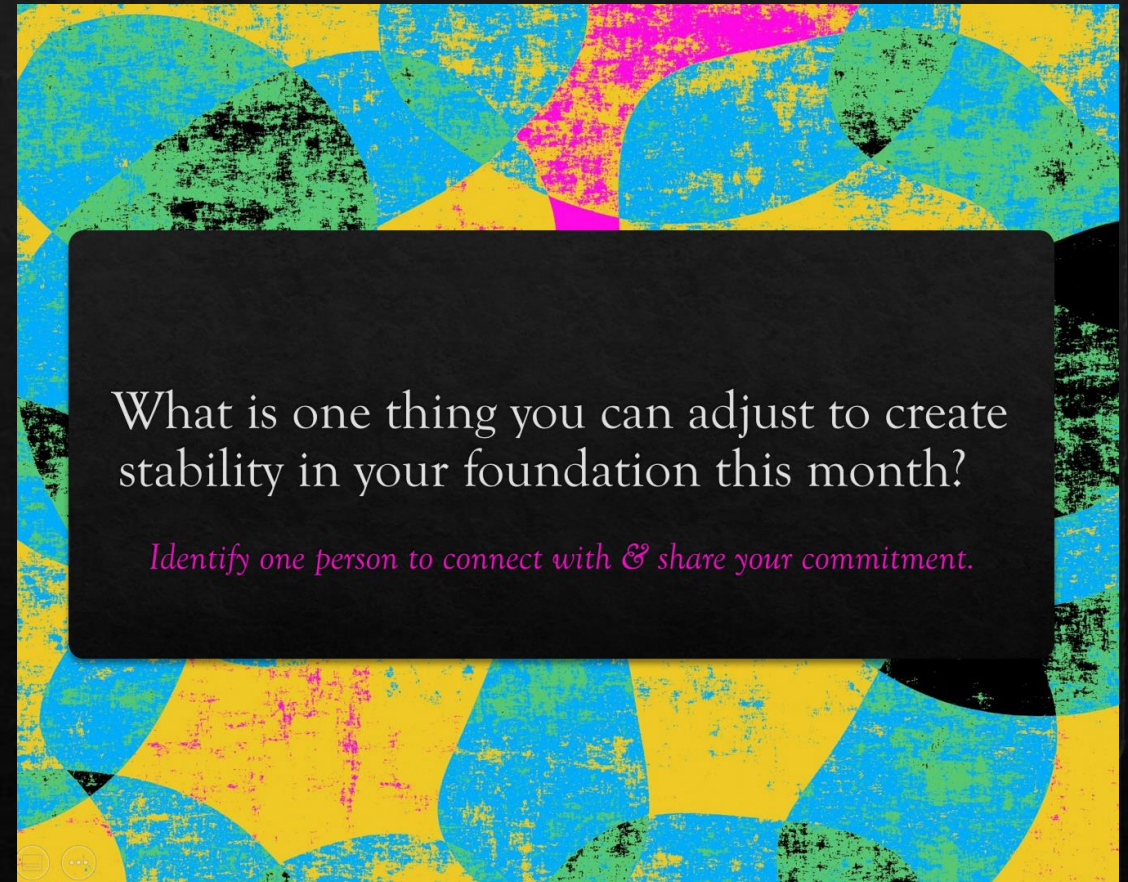
More perfect world and working relentlessly to improve self, others and their surroundings

Peace, harmony, and mutual positive regard

Recalibrate Your Action.



Commitment:



Notes

