

Given the change that is ongoing – what should individuals/leaders be doing RIGHT NOW?

STOP

What was hardest to STOP — and why do organizations/individuals hold on too long?

- Stop Procrastination
- Stop the unnecessary and focus on the priorities
- Stop participating in long meetings
- Stop judging your decisions and comparing with others
- Stop focusing on what you can't control
- Stop Overthinking
- Stop Massive Emotions
- Stop Assumptions & quick Judgments
- Let go of what is not serving you anymore
- Avoid Watching the news
- Avoid toxic behaviors and negativity

Organizations or individuals hold on too long

Fear of Letting go
Fear of Losing control
fear from the unknown

PROTECT

What did most of us PROTECT — and does that tell us something about what individuals/ organizations truly value?

- Values and principles
- Health and mental health and wellbeing
- Protect your energy from constant negativity
- Protect the team and create psychological safety
- Reduce unnecessary costs and protect essential resources and priorities
- Dignity
- Protect Family, employees, couple (key relationships)

ACCELERATE

What existing strength does this moment ACCELERATE?

- Awareness
- Stakeholders sitting together to take decisions
- Create Thinking systems
- Accelerate Decision making , proactivity and accountability
- Invest in learning and growth
- Believe in your potential and capacities
- Accelerate new measures + follow Intuition
- Increase trust in your gut
- Increase community services
- Empower the younger collaborators in the company who have more energy
- Going back to pre-crisis mode
- Personal and professional support
- Online services
- Thinking out of the box

LAUNCH

What does turbulence make uniquely possible to LAUNCH now?

- Launch a Support system to people around
- Launch new Plans
- Continuous Communication and connection
- Future Planning, new ideas and new perspectives
- Change the pattern-Get out of the Box
- Activate Survival Creativity
- Expand and find opportunities
- Moving to other geographical locations\
- Adapt a new mindset
- Take Personal and professional new or different initiatives
- Reorienting professional activities
- Launch start up in the middle of the crisis

One insight per quadrant to share back with the group · **What surprised you most?** · What felt most urgent?