

IF YOU REALLY  
WANT TO THRIVE

# POWER UP

## MAY 17<sup>TH</sup>

TURN YOUR IDEAS  
INTO ACTION!



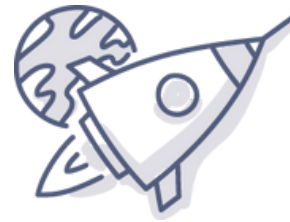
Identify What Matters  
Most From the  
Summit

1



Connect With Others  
to Accelerate  
Your Growth

2



Use Better Questions to  
Create Your Better  
Future

3

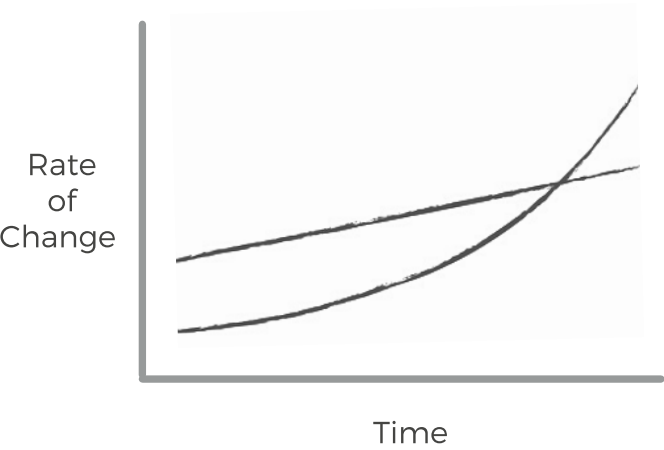


Choose the Next  
Steps to Carry Out  
Your Plan

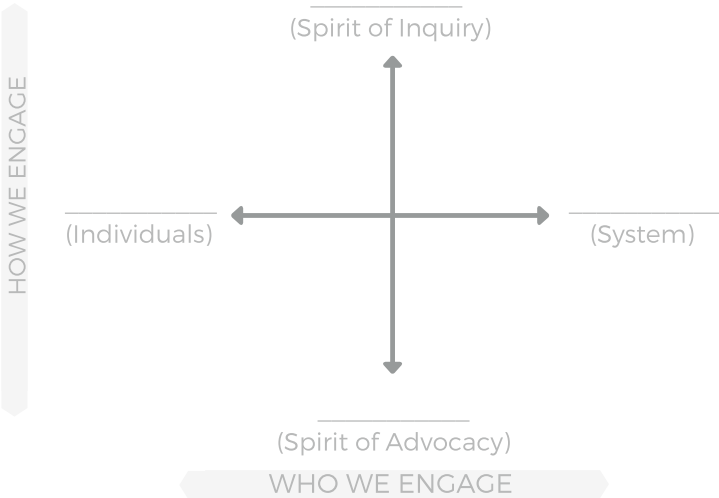
4

# For Those of Us Who Lead

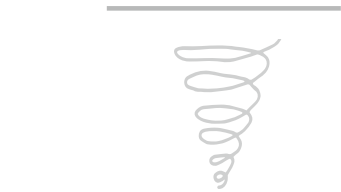
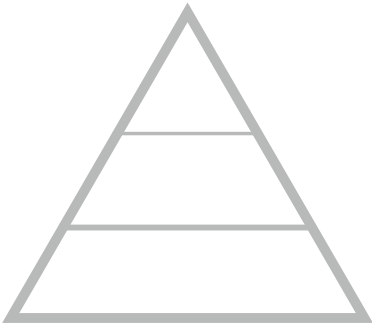
Our World Is Changing Faster Than We Are Prepared For<sup>1</sup>



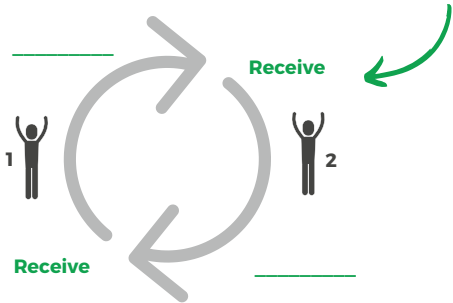
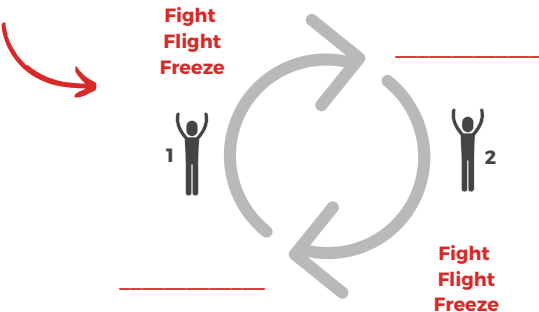
The Superpower of Our Generation: Unlocking Collective Wisdom<sup>2</sup>



Demands \_\_\_\_\_ Resources



Resources \_\_\_\_\_ Demands



# Paired Interviews

## Interview Questions

### Step 1:



A

B

**Close the Interview by  
reflecting back (60-seconds)**

"I was most inspired by..."  
"The greatest gift for me was..."  
"I want to recognize..."

**Time:** \_\_\_\_\_

### Step 2:



A

B

**Close the Interview by  
reflecting back (60-seconds)**

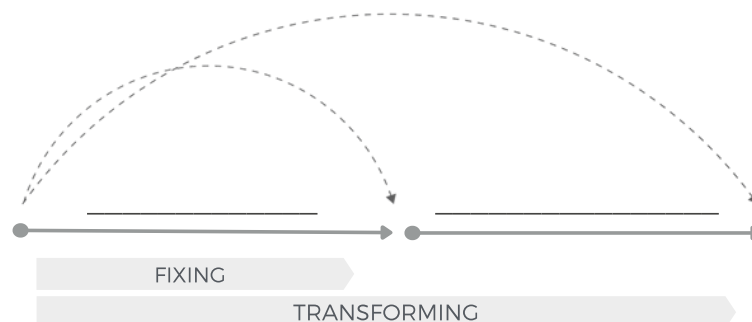
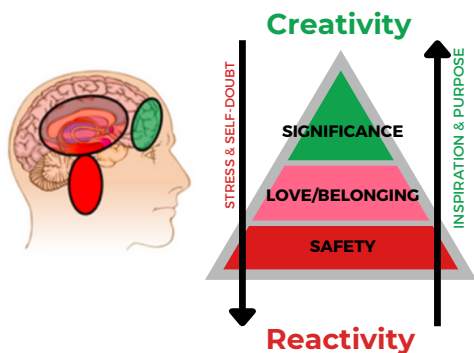
"I was most inspired by..."  
"The greatest gift for me was..."  
"I want to recognize..."

**Time:** \_\_\_\_\_

### Step 3:

**Total Time:** \_\_\_\_\_

# The Transformational Power of Questions



What might it \_\_\_\_\_,  
 \_\_\_\_\_, \_\_\_\_\_ like...  
 ...to ask a \_\_\_\_\_  
 \_\_\_\_\_?

| Disempowering Experiences | From (Depreciative) | To (Appreciative)                            |
|---------------------------|---------------------|--|
| Stress                    | How can I _____?    | What is at stake, that I deeply _____ about? |
| Self-Doubt                |                     |  |
| _____                     |                     |  |
| _____                     |                     |  |
| _____                     |                     |  |
| _____                     |                     |  |

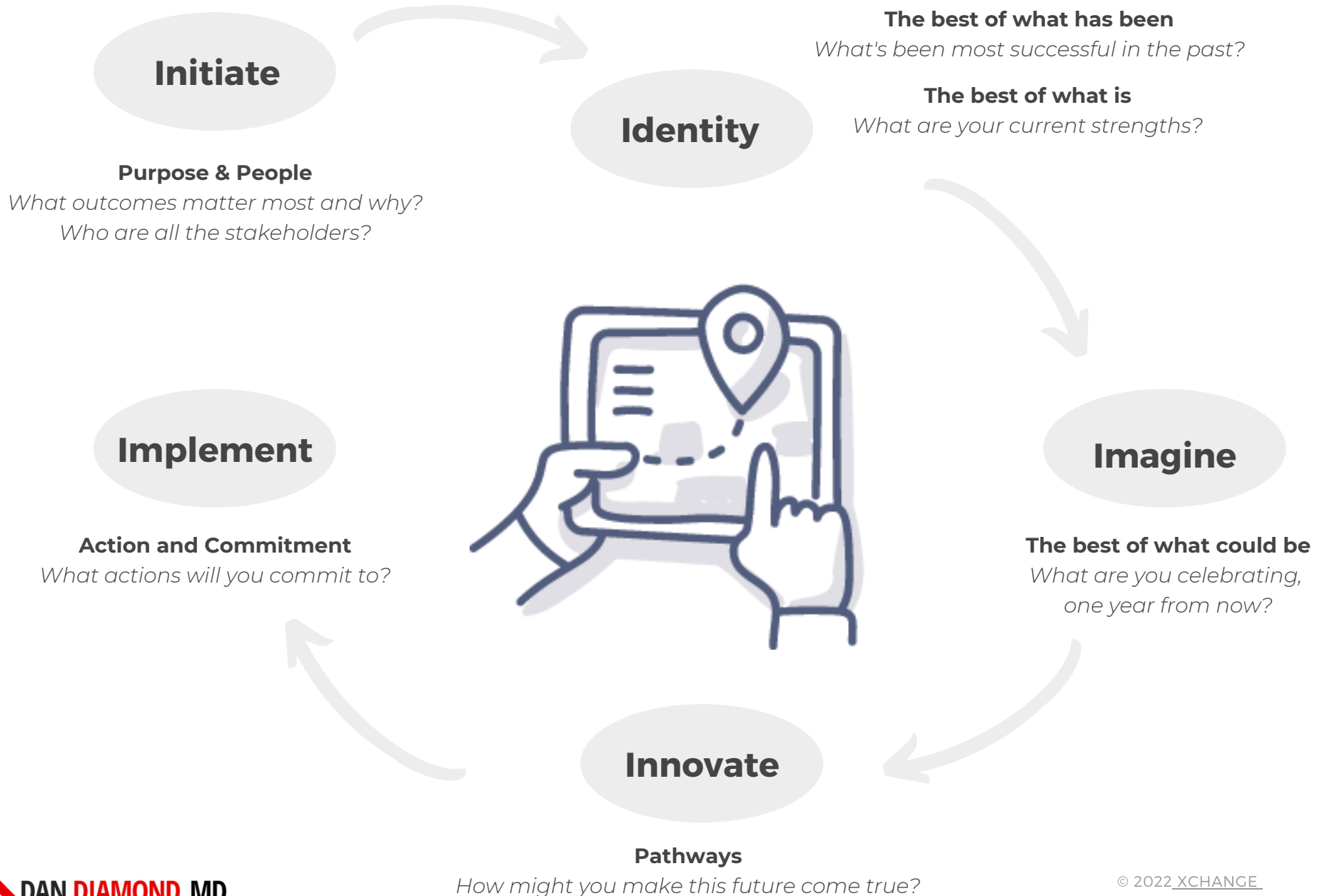
# Cultivate Creativity

**Drawing 1:** \_\_\_\_\_

# Cultivate Creativity

**Drawing 2:** \_\_\_\_\_

# Elevating Conversations with Key Questions from the XCHANGE Approach



# Rapid 5-I Cycle [Personal]

## 1) INITIATE

### “Affirmative Task” Choice

What's a specific area of your life or work that you want to improve? (A key problem, challenge, opportunity, aspiration, etc.?)

Frame it “affirmatively” - what do you ultimately want?

1. Name it: \_\_\_\_\_ (Problem, negative impact)
2. Flip it: \_\_\_\_\_ (Positive opposite)
3. Frame it: \_\_\_\_\_ (Desired outcome from the flip)

## 2) IDENTITY (Answer any or all of these questions)

1. **Purpose** Why is this important .... ? (to you, to those around you, to the world?)
2. **High Point** What's an example where you've previously thrived in this area? Or, where you've seen others thrive in this area?  
What can you learn from your own example, or from that of others?
3. **Continuity** Reflecting on a high point, what do you want to carry forward? Who do you want to be, as you face this task?  
What principles, values, strengths do you want to amplify, or invite?



### 3) IMAGINE

If you woke up from a deep sleep, one year from now, and looked around to discover that everything you ever could have imagined around this task has now come true... what are you seeing, hearing, and feeling?

Image / Possibility ... \_\_\_\_\_

Image / Possibility ... \_\_\_\_\_

Image / Possibility ... \_\_\_\_\_

### 4) INNOVATE

Focusing on one of the future images / possibilities that most energizes you... what kind of "How Might I...?" could you create, to spark ideas?

Finish this question, by bringing to life one of the future image elements that came up during Step 3.

"How might I ... \_\_\_\_\_?"

**Step 1: Ideate - Generate 3-5 Ideas in response to your "How Might I...?"**

Idea ... \_\_\_\_\_

Idea ... \_\_\_\_\_

Idea ... \_\_\_\_\_

## Step 2: Prototype

**A. Review & Theme:** Explore your ideas from Step 1, and look for any themes or energizing ideas.

**B. Decide What To Prototype:** Make a decision to take one idea forward. You can either choose an idea that emerged as a theme, energized you, or has the most promise.

**C. Create a Prototype:** Draw a picture, create an image, put together a visual representation (even just an explanation) of what it would look like for this idea to come to fruition.

## 5) IMPLEMENT

30 Days: What 2-3 steps could you take in the next 30 days, towards your prototype?

Today/Tomorrow: What's the first thing you could do?

Notes

# Notes

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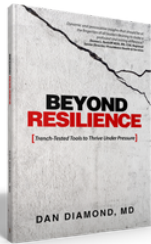
**DAN DIAMOND, MD**  
EQUIPPING TEAMS UNDER PRESSURE TO THRIVE

# Dan Diamond, MD



Dr. Dan Diamond equips teams in the trenches to make a difference when it matters most. He was the Director of the Medical Triage Unit at the New Orleans Convention Center following Hurricane Katrina, led one of the first medical teams into Haiti following their devastating earthquake, and deployed to the Philippines following Typhoon Yolanda (Haiyan).

In 2010, the American Red Cross gave him the "Real Hero" award and he also received the Washington State Governor's Award of Excellence for his work in Haiti. In 2014, Dr. Diamond received the President's Volunteer Service Award from President Obama.



Dr. Diamond is the author of the book [Beyond Resilience: Trench-Tested Tools to Thrive Under Pressure](#).

He has been seen on CNN, Anderson Cooper, and Larry King Live.

## Workshops

- When disruptive change strikes an already high-stress environment, the most effective leaders understand that teams are at risk of becoming discouraged, detached and disengaged.
- Our highly interactive 1-3 day workshops are designed to rapidly strengthen a sense of cohesion, unlock the collective wisdom of the group, and equip teams to get work done when it matters most.

## Coaching

- There is nothing like 1:1 coaching for people in the trenches who are ready to stop focusing on all the problems and start moving in the direction they want to go.
- Our 6 month customized coaching program equips people with a renewed sense of purpose and practical tools to make a difference.
- The first 45 minute strategy session is always free.

## Keynotes

- Forged in the trenches of international disasters from around the globe, Dr. Diamond's captivating stories and practical strategies inspire teams in the trenches to say, "I have the power to make a difference; it's not about me; and I don't care who gets the credit!"

