



IT'S NOT WHAT IT IS, IT'S HOW YOU SEE IT!

Mentally Prepping for a Post-Lockdown World By Michael Quigley

RESOURCE PACK

KEY POINTS

Managing Change

Begin with a positive vision and your beliefs of what is important for you; then aim use all changes to your advantage as much as possible.

Use a proactive approach to your stress and create habits and regular opportunities to switch on your parasympathetic nervous system to allow you to recover.

Establish and maintain a regular daily and weekly routine to keep your mental health in excellent shape so you can be at your best for yourself and for others.

Communication Tips

Avoid overly pessimistic language - aim for rational optimism.

Communication is more than what you say and hear; it is all about building community and being in communion (being close) to your people.

Use the VIP (Vision Issue Positive Action) and Golden Conversations frameworks to create exceptionally good communication.

Examples of Rationally Optimistic Language to use:

What do we have to do today?

How can we make the absolute best out of what we have?

How can we use this to our advantage?

What is the most important thing to keep in mind?

How can we collaborate on this?

READING

The Rational Optimist - Matt Ridley *Economics*

12 Steps To A Compassionate Life - Karen Armstrong *Anthropology*

The Future is Faster Than You Think - Peter Diamondis & Stephen Kotler *Technology*

Switch On Your Brain - Dr Caroline Leaf *Neuro-Science*

They Ask, You Answer - Marcus Sherridan *Marketing*

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