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CHANGE IS GOOD

BY MICHAEL QUIGLEY





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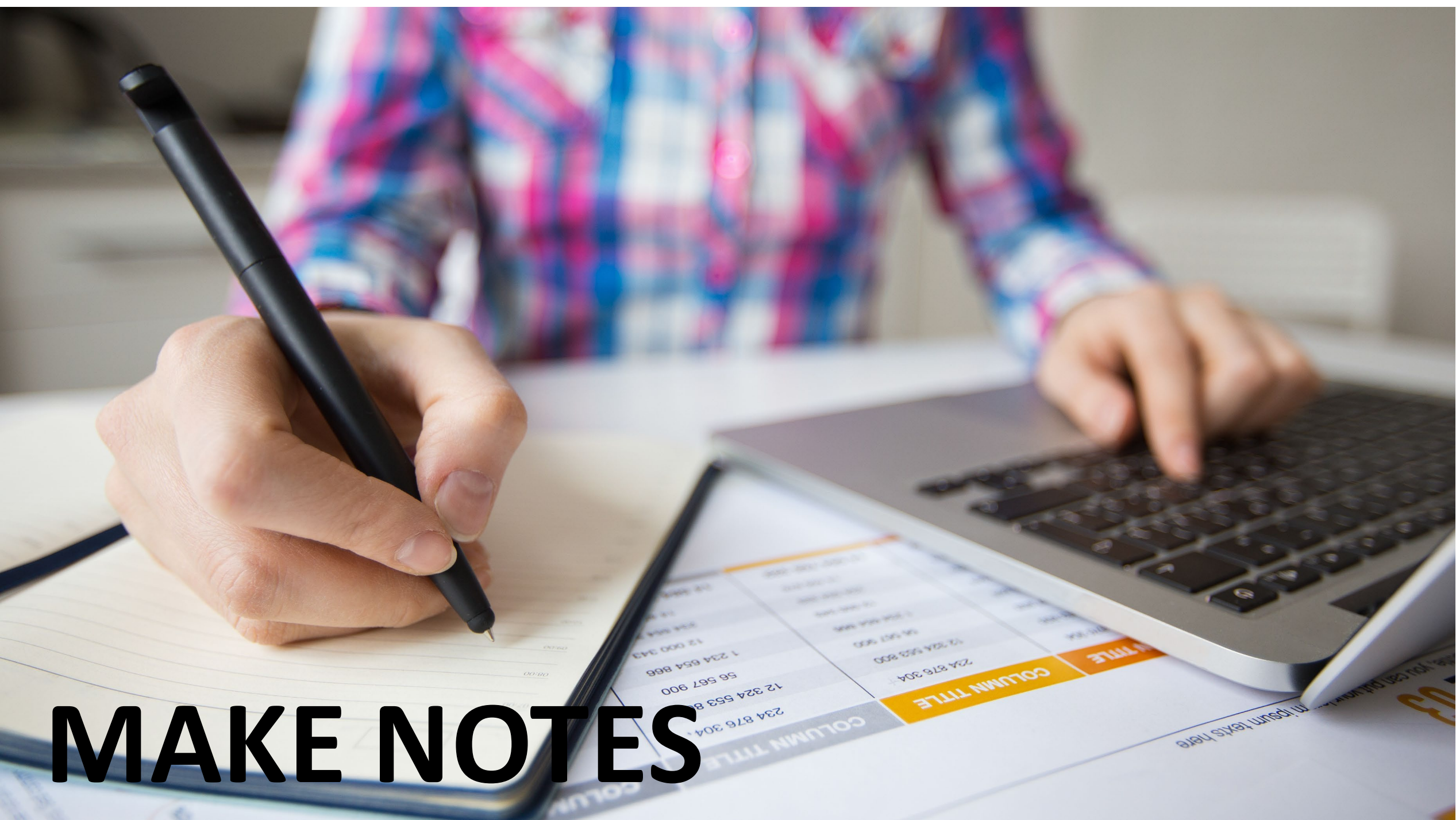
FOUNDER OF KATAHOLOS

GROWING PEOPLE TO KNOW, TO DO AND TO BE THEIR BEST SELVES THROUGH A JOURNEY OF INTEGRITY, WHOLESOME RELATIONSHIPS AND LOVING KINDNESS.

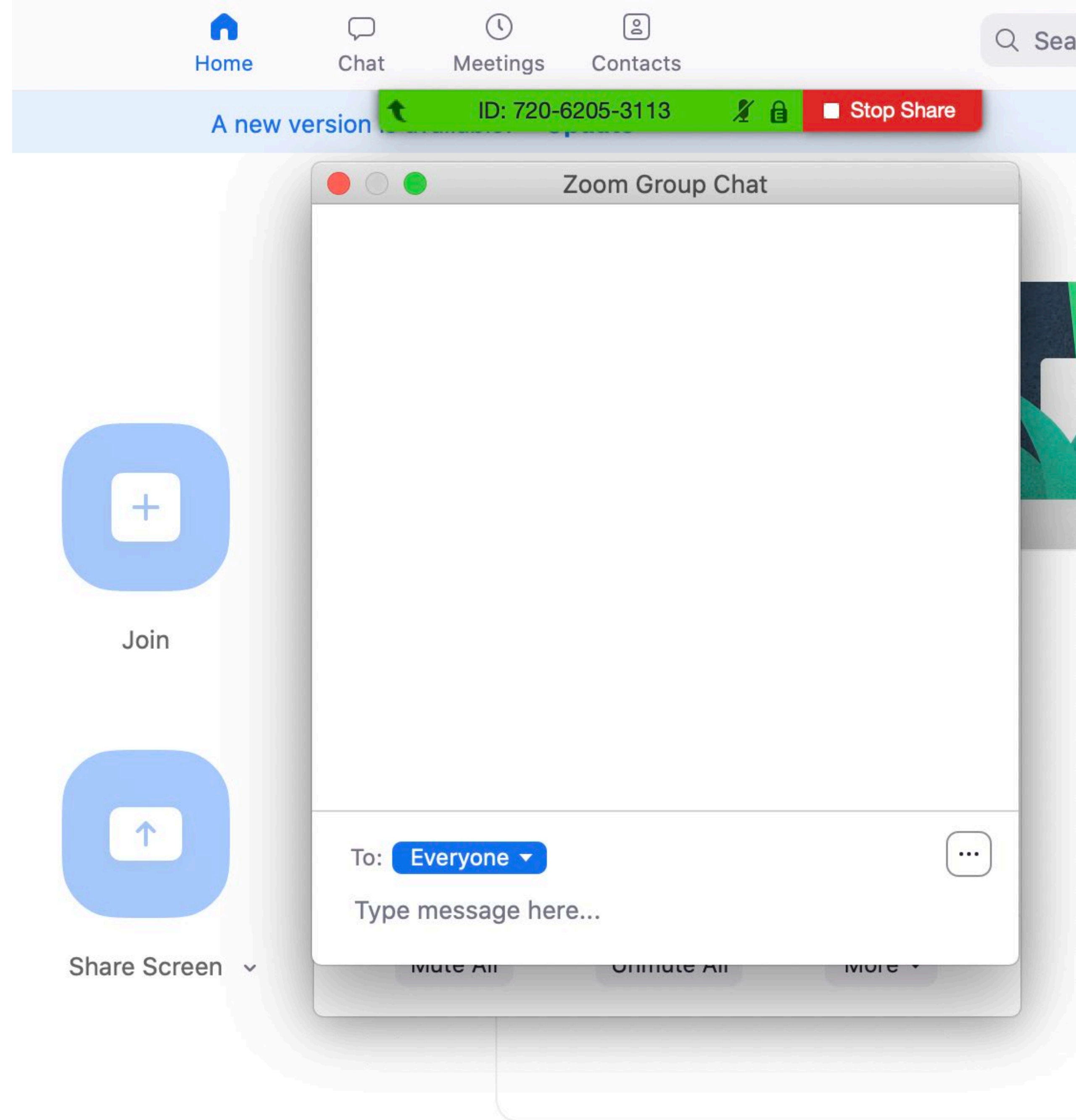




WATCH



MAKE NOTES



USE THE CHAT BOX

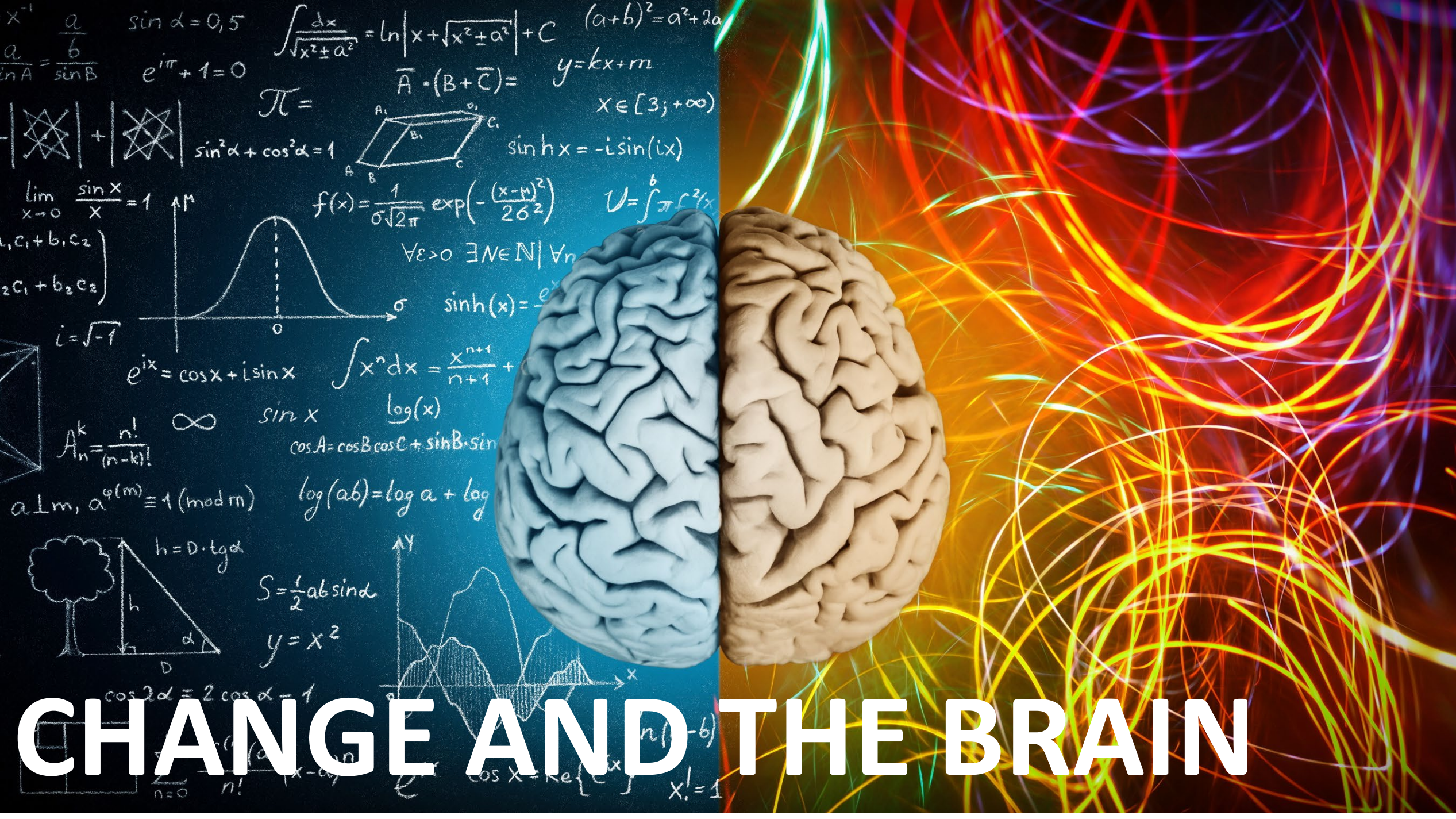
TODAY WILL GIVE YOU:

1. Information
2. Thinking Tools
3. Practical Tools



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CHANGE AND THE BRAIN



BIG CURRENT CHANGES



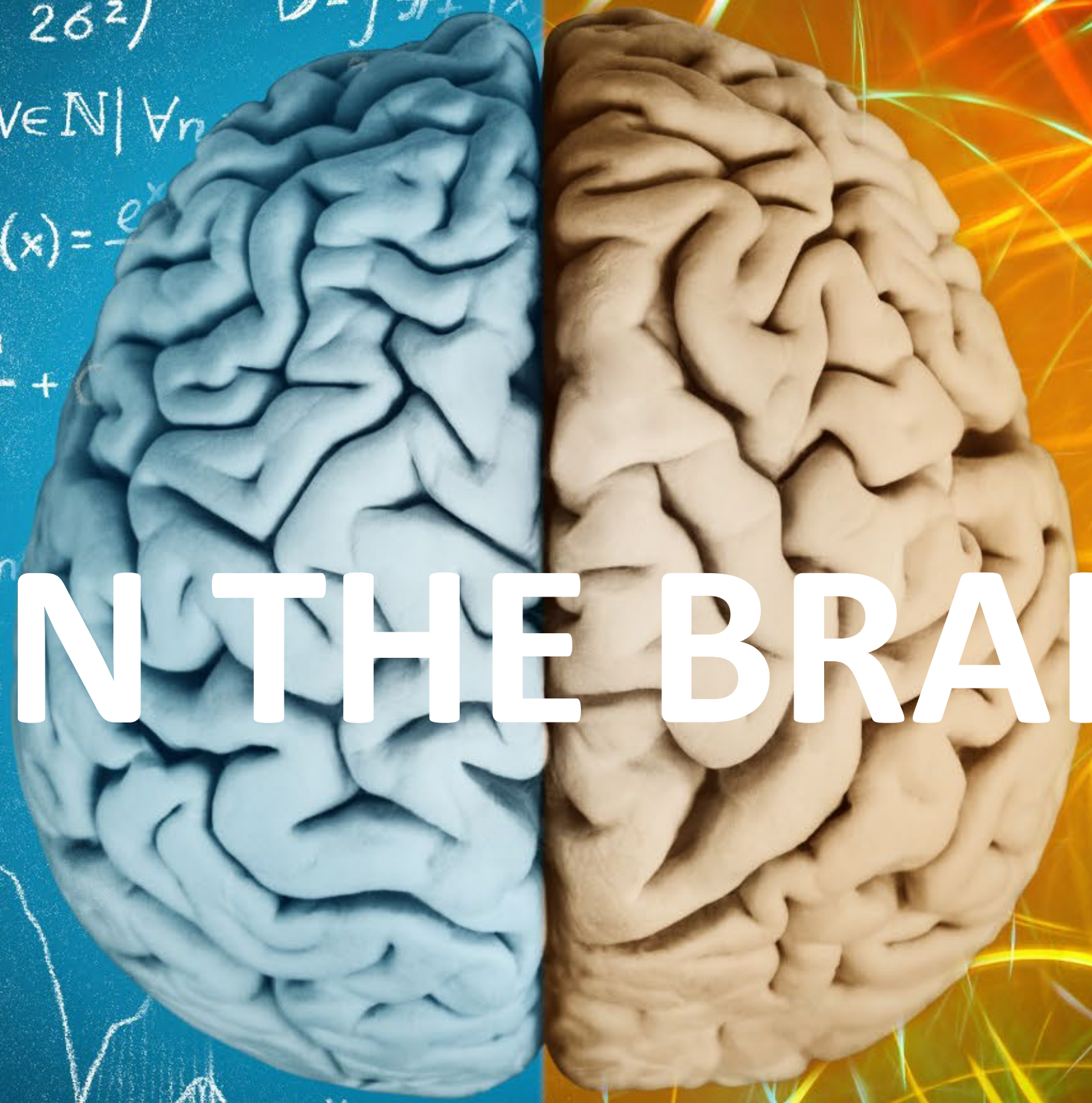
CHANGES IN THE NEXT 10 YEARS



**WHAT CHANGES ARE YOU
CURRENTLY CONCERNED ABOUT?**

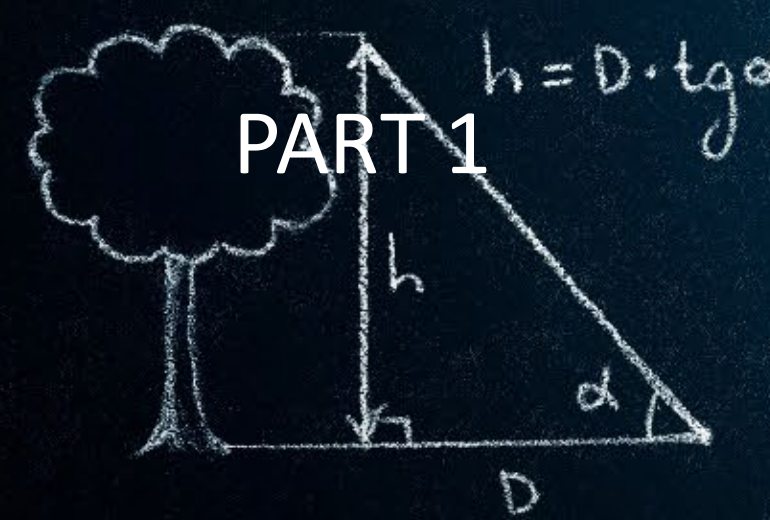
USE THE CHAT BOX FOR YOUR ANSWER

$x^{-1} = \frac{1}{x}$
 $\frac{a}{nA} = \frac{b}{\sin B}$
 $\sin \alpha = 0,5$
 $e^{i\pi} + 1 = 0$
 $\int \frac{dx}{\sqrt{x^2+a^2}} = \ln|x+\sqrt{x^2+a^2}| + C$
 $(a+b)^2 = a^2 + 2ab + b^2$
 $\pi =$
 $\bar{A} \cdot (\bar{B} + \bar{C}) =$
 $y = kx + m$
 $x \in [3; +\infty)$
 $\sin^2 \alpha + \cos^2 \alpha = 1$
 $\sinh x = -i \sin(ix)$
 $\lim_{x \rightarrow 0} \frac{\sin x}{x} = 1$
 $f(x) = \frac{1}{\sigma\sqrt{2\pi}} \exp\left(-\frac{(x-\mu)^2}{2\sigma^2}\right)$
 $V = \int_a^b \pi f^2(x)$
 $\forall \varepsilon > 0 \exists N \in \mathbb{N} \forall n$
 $\sinh(x) = \frac{e^x - e^{-x}}{2}$
 $e^{ix} = \cos x + i \sin x$
 $\int x^n dx = \frac{x^{n+1}}{n+1} + C$
 $i = \sqrt{-1}$
 ∞
 $\sin x$
 $\log(x)$
 $A_n^k = \frac{n!}{k!(n-k)!}$
 $\cos A = \cos B \cos C + \sin B \sin C$
 $a \perp m, a \perp n \Rightarrow a \perp (m \cap n)$
 $\log a + \log b = \log(ab)$
 $h = D \cdot \tan \alpha$
 $S = \frac{1}{2} ab \sin \alpha$
 $y = x^2$
 $\cos 2\alpha = 2 \cos^2 \alpha - 1$
 $\ln(a-b)$
 e^x
 $\cos x = \operatorname{Re}\{e^{ix}\}$
 $x! = 1$

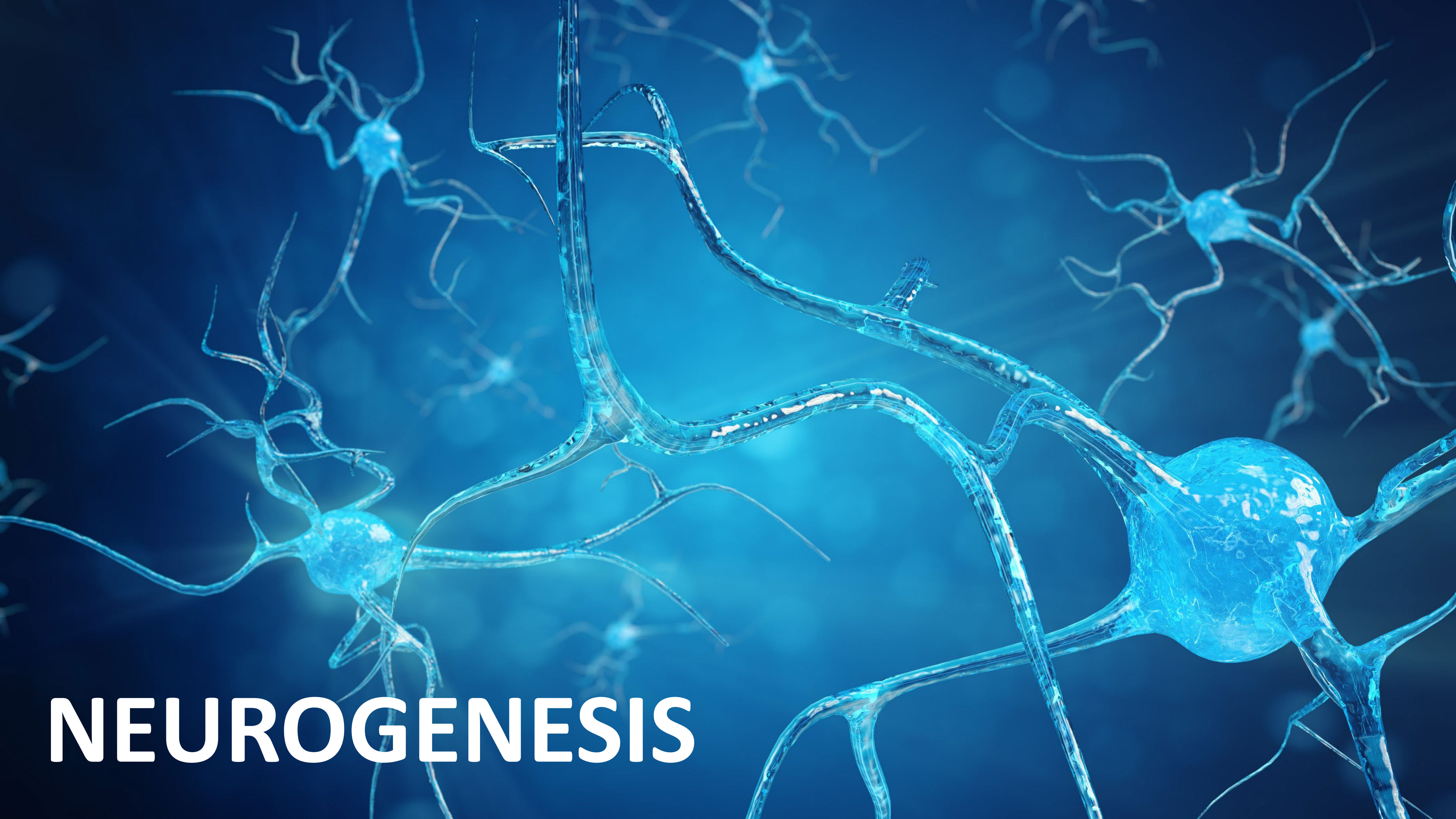


CHANGE IN THE BRAIN

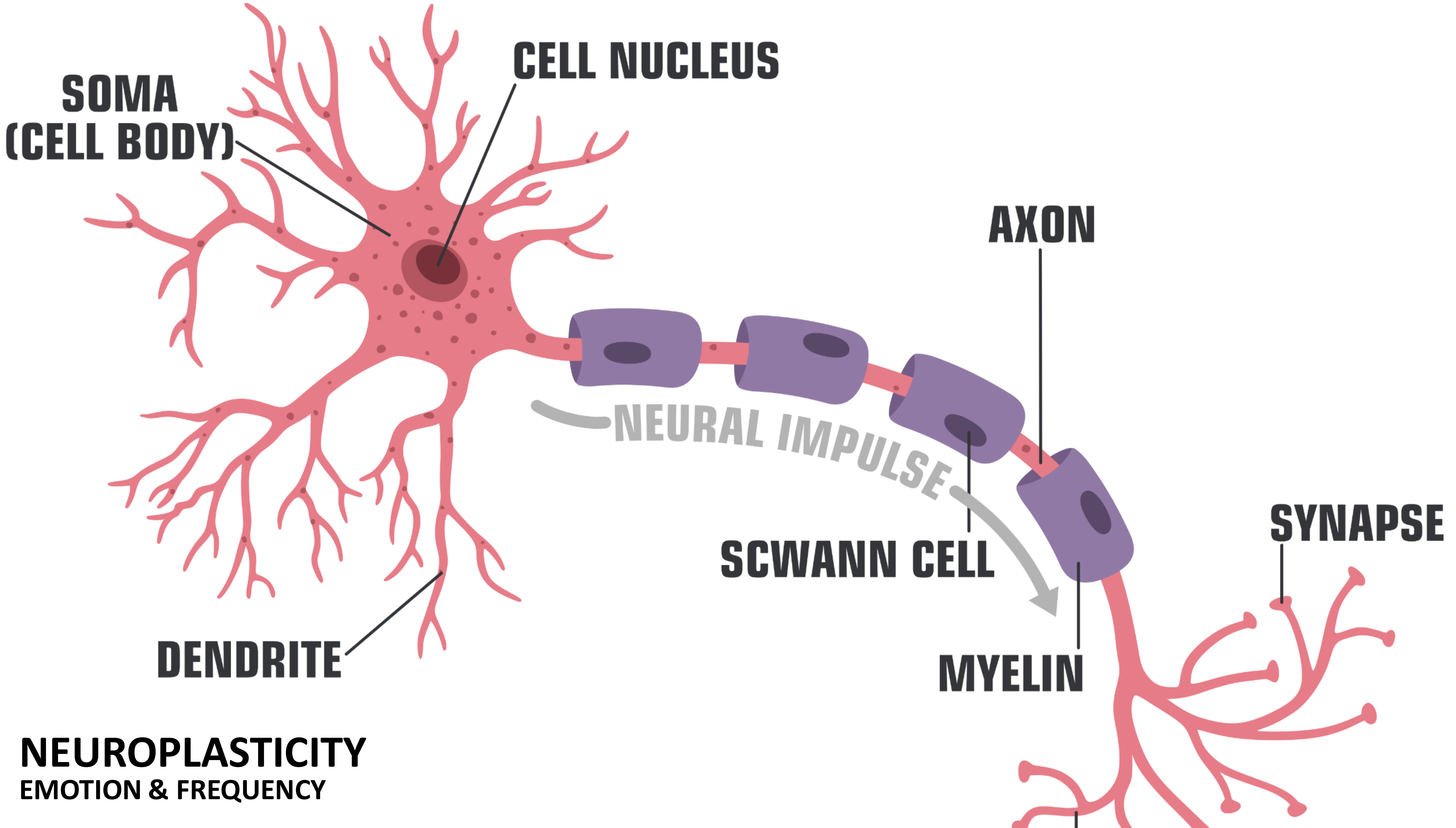
PART 1



$$\sum_{n=0}^k \frac{f^{(n)}(a)}{n!} (x-a)^n$$



NEUROGENESIS



NEUROPLASTICITY
EMOTION & FREQUENCY

NEUROPLASTICITY

HOW DOES IT WORK?

SYNAPTIC ACTIVATION

STRONG & FREQUENT ACTIVATION

CHANGES SYNAPTIC STRUCTURE

CONNECTION STRENGTHENS

IMPLICATIONS

WEAK ACTIVATION

DOES NOT CHANGE SYNAPSE

SEMINAR-STYLE TRAINING IS NOT ENOUGH

LEARNING NEEDS ONGOING REINFORCEMENT

USE TECHNOLOGY TO KEEP ACTIVATING SYNAPSES

NEUROPLASTICITY
EMOTION & FREQUENCY





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THINKING TOOLS





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GROWTH MINDSET

FIXED MINDSET

The belief that skills, intellect, and talents are set and unchangeable.



GROWTH MINDSET

The belief that skills, intellect, and talents can be developed through practice and perseverance.



I'll stick to what I know.
Either I'm good at it or not.

DESIRES

I want to learn new things.
I am eager to take risks.

It's fine the way it is.
There is nothing to change.

SKILLS

Is this really my best work?
What else can I improve?

This is a waste of time;
there's a lot to figure out.

EFFORT

I know this will help me
even though it is difficult.

It's easier to give up.
I'm really not smart.

SETBACKS

I'll use another strategy;
my mistakes help me learn.

This work is boring.
No one likes to do it.

FEEDBACK

I recognize my weakness,
and I know what to fix.

It's easy for him or her.
They were born smart.

**TALENTED
PEERS**

I wonder how they did it.
Let me try to figure it out.



PRACTICAL TOOLS



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KEY LEARNING POINTS

- Your brain is designed to adapt and change
- Train your thinking
- How you interpret something is very important



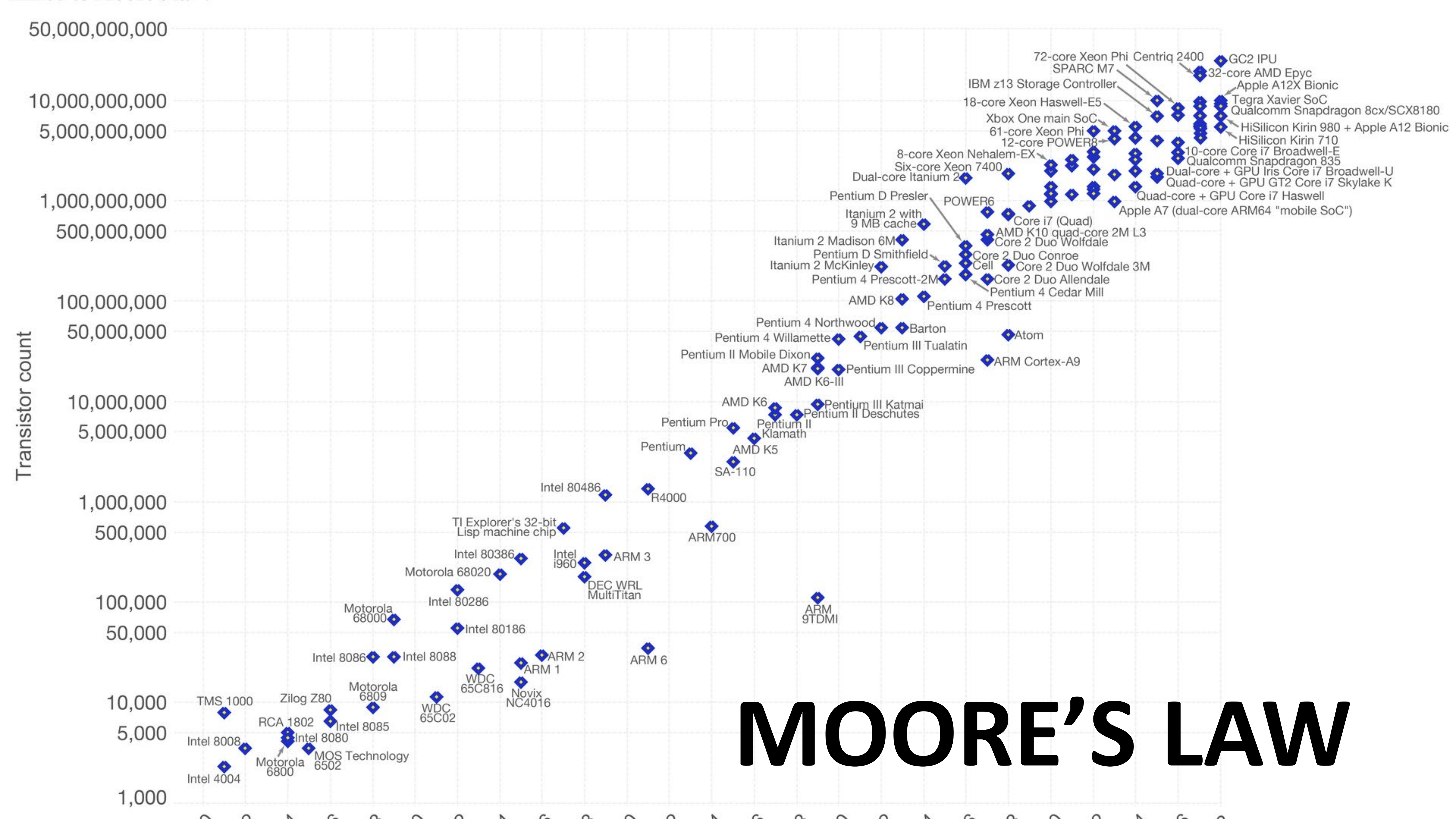


**WHAT CHANGES ARE CURRENTLY
OCCURRING IN YOUR SECTOR?**

USE THE CHAT BOX FOR YOUR ANSWER



2 BIG CHANGES



MOORE'S LAW





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THREE WAYS OF THINKING

EDWARD DE BONO

- Truth
- Judgement
- Design





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PRACTICAL TOOL

- REFRAMING





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KEY LEARNING POINTS

The speed of technology change is exponential





WHAT ARE YOUR CURRENT FEARS ABOUT CORONAVIRUS?

USE THE CHAT BOX FOR YOUR ANSWER



GLOBALISATION



COMPUTERS



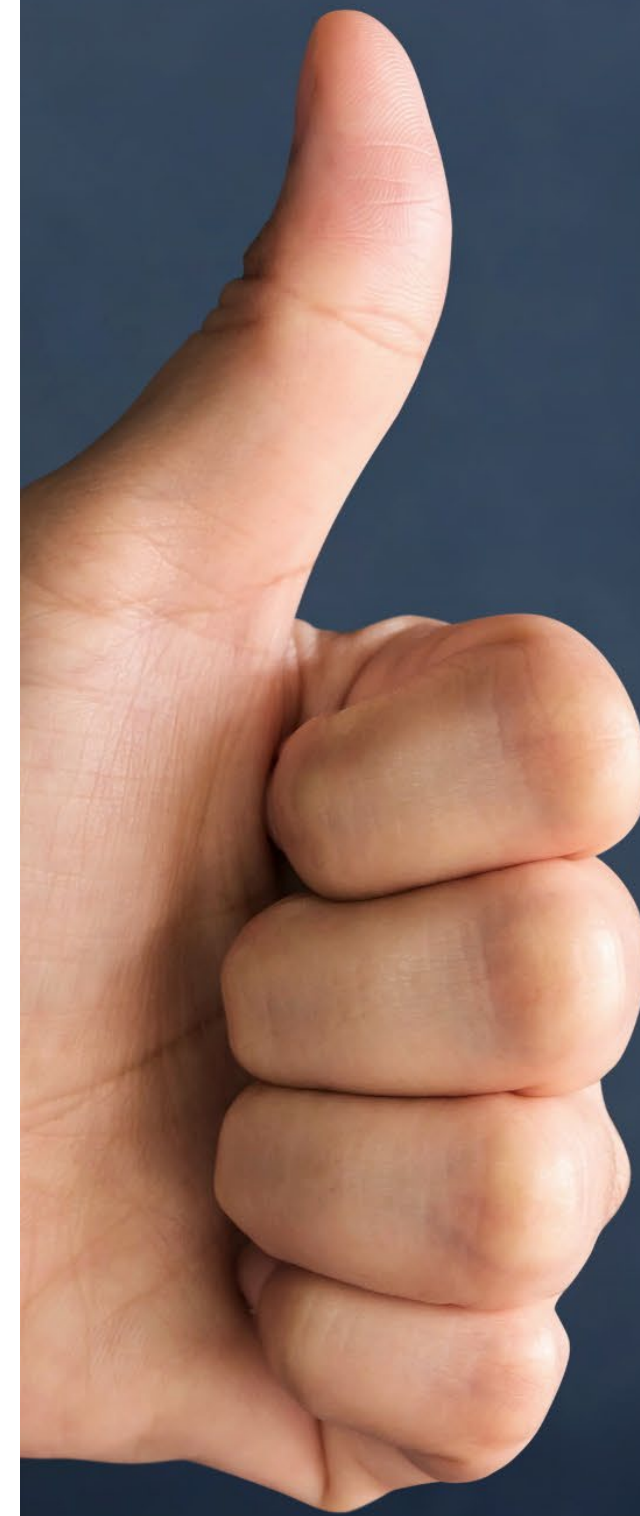
CORONAVIRUS



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GLOBALISATION

THE POSITIVES AND THE NEGATIVES





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THINKING TOOLS

RATIONAL OPTIMISM



RATIONAL OPTIMISM

EXAMPLES OF RATIONALLY OPTIMISTIC LANGUAGE

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?

GOLDEN CONVERSATIONS

- OPENING COLLABORATIVE QUESTION**
- LISTEN AND AFFIRM**
- POSITIVE SOLUTION WITH TIMEFRAME**



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KEY LEARNING POINTS

Adapt to Globalisation by using:

- Rational Optimism
- Golden Conversations





THE NEXT 10 YEARS OF CHANGE

PART 3



WHAT CHANGES IN TECHNOLOGY AND SOCIETY HAVE TAKEN PLACE IN THE LAST 10 YEARS?

USE THE CHAT BOX FOR YOUR ANSWER



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RECOMMENDED READING

THE FUTURE IS FASTER THAN YOU THINK

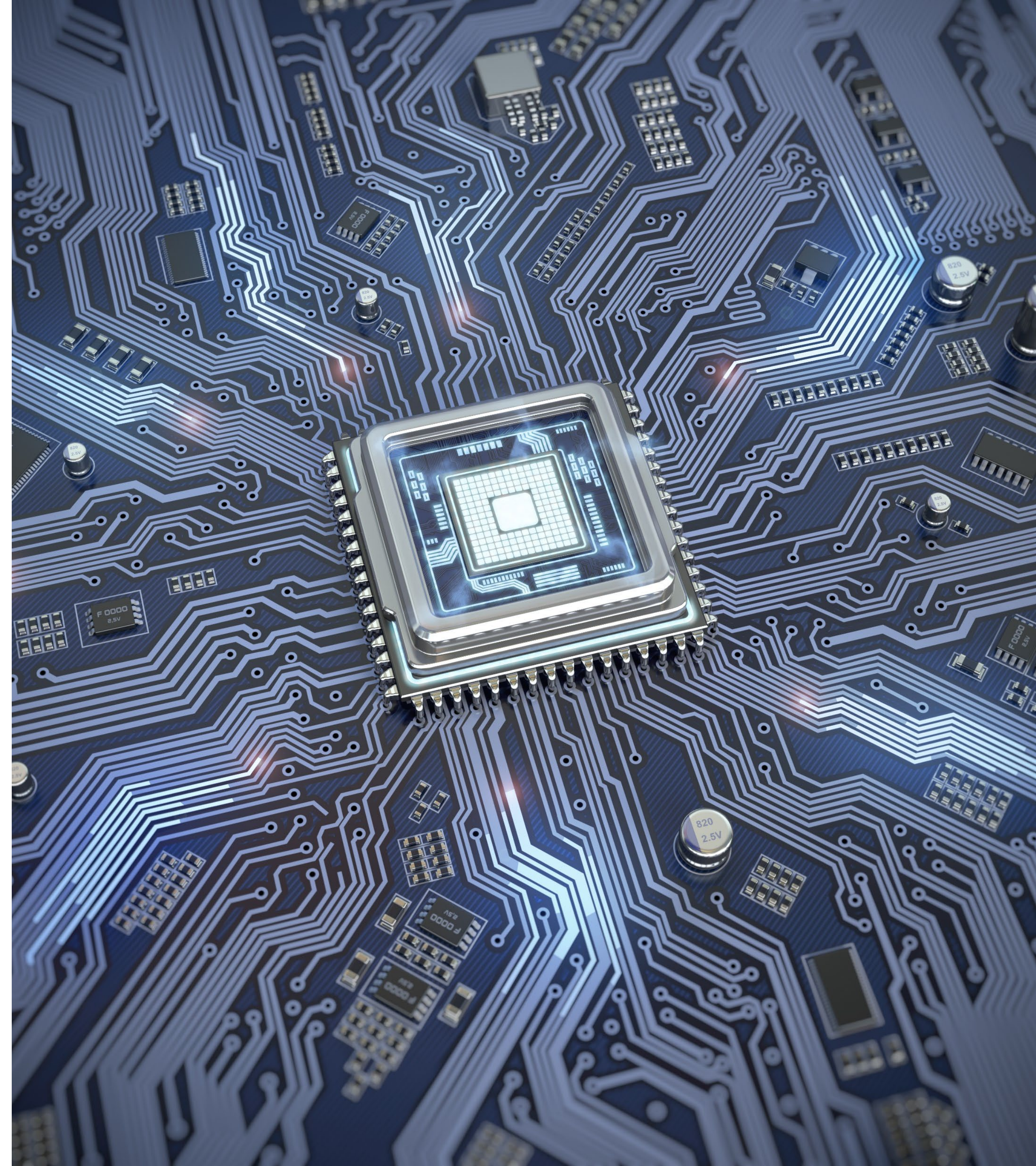
THE
FUTURE IS
FASTER
THAN YOU
THINK

How Converging Technologies
Are Transforming Business,
Industries, and Our Lives

PETER H. DIAMANDIS and **STEVEN KOTLER**

New York Times Bestselling Authors of

ABUNDANCE and **BOLD**





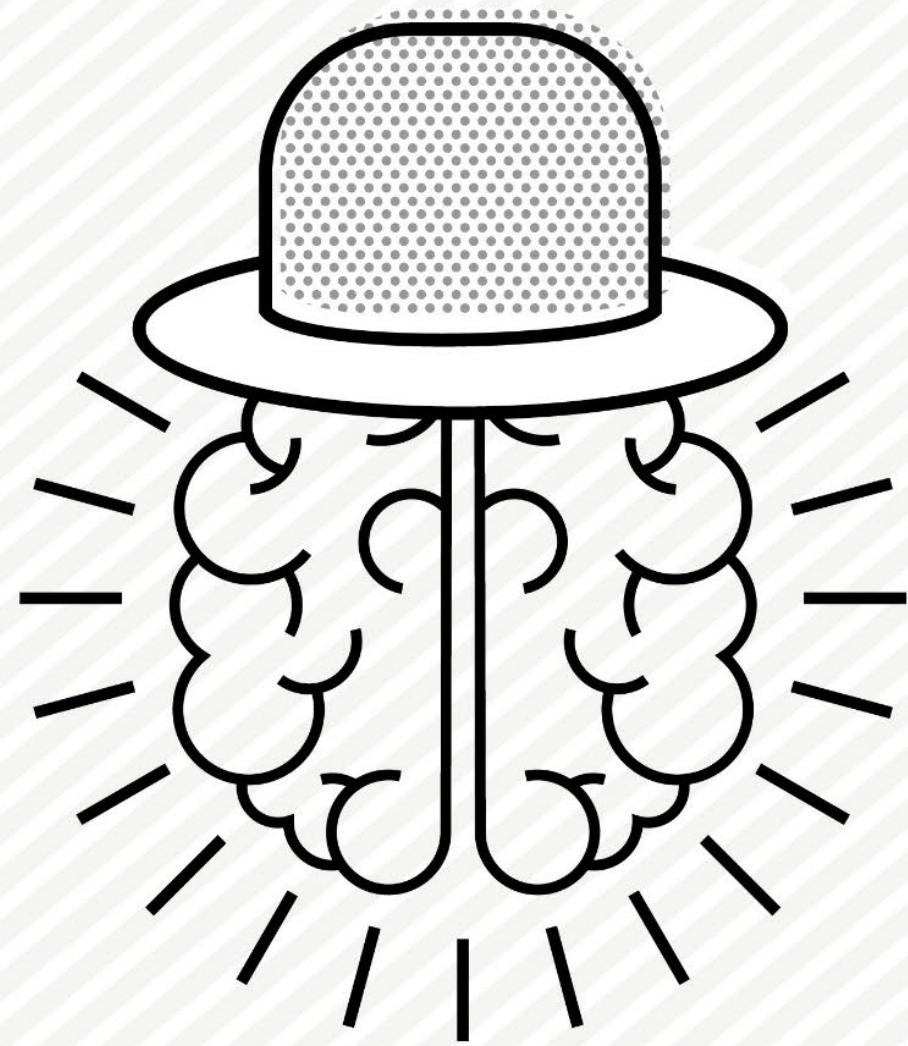


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DE BONO'S SIX THINKING HATS



FACTS



FEELINGS



CONTROL



CREATIVITY



POSITIVE



NEGATIVE





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HOW TO FORM A NEW HABIT

CUE
ROUTINE
REWARD





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NEW HABITS

- AT HOME
- AT WORK
- HEALTH
- BUSINESS
- THINKING





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KEY LEARNING POINTS

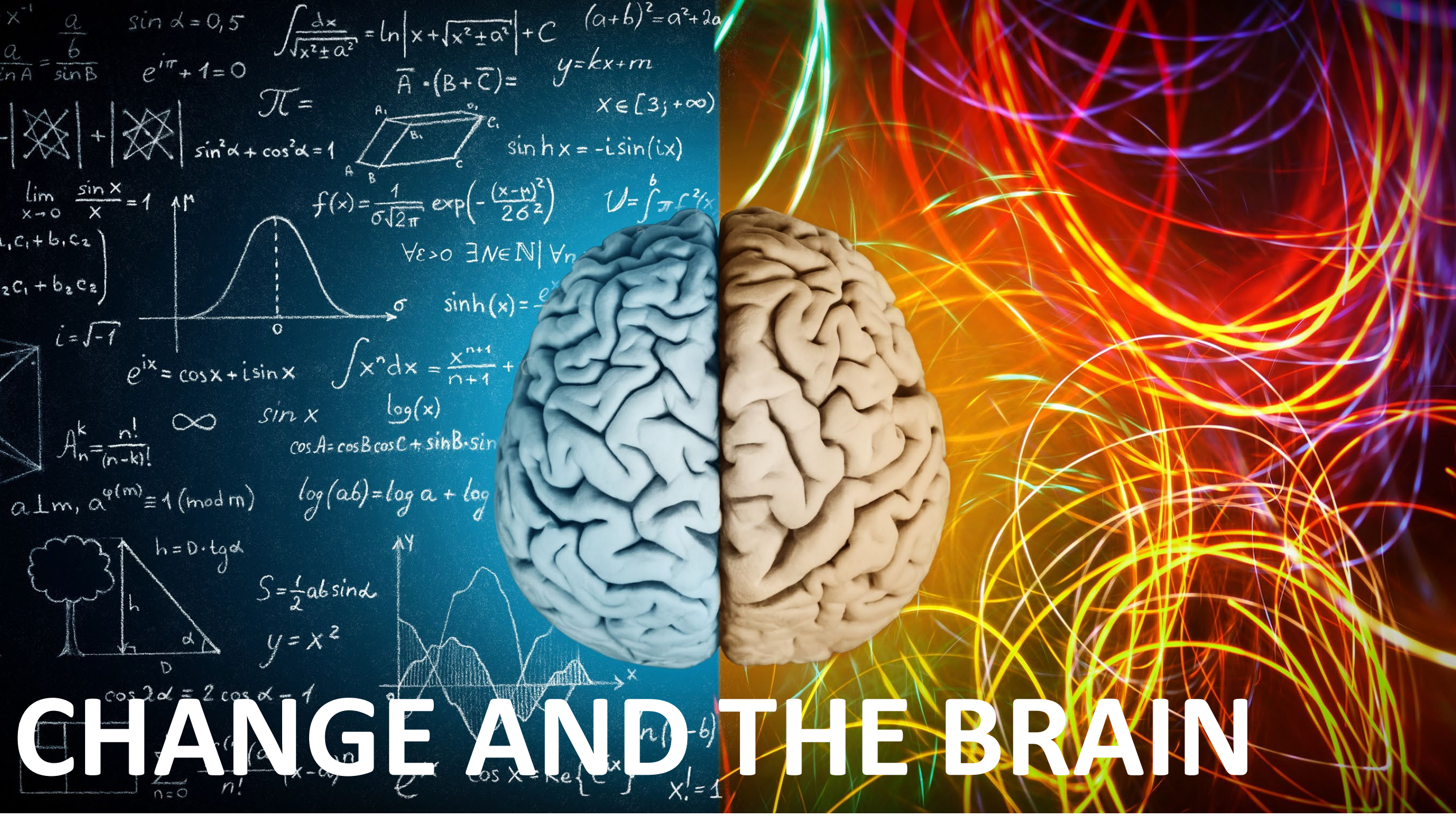
More change is coming in the next 10 years than the last 100

Use the 'Thinking Hats' to explore different ways of thinking

Create strong positive habits using cue routine

reward to adapt and change





CHANGE AND THE BRAIN



BIG CURRENT CHANGES



CHANGES IN THE NEXT 10 YEARS



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**ANY
QUESTIONS?**





CONTACT MICHAEL

WWW.KATAHOLOS.CO.UK

MICHAEL@KATAHOLOS.CO.UK

