

# You Got This: Learning To Lead In Crisis

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Week Two: Getting To The Core Issues

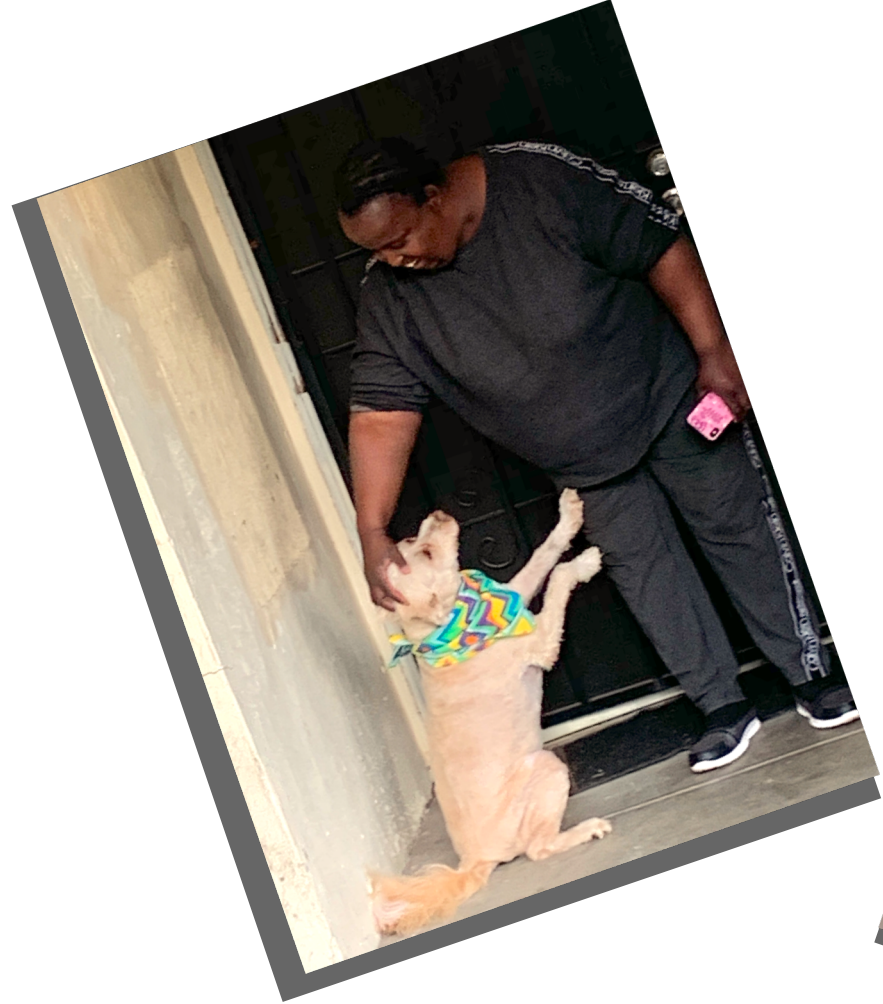
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# What Is Getting You Through This?

- Type in chat box
- Consider what you would like to mastermind



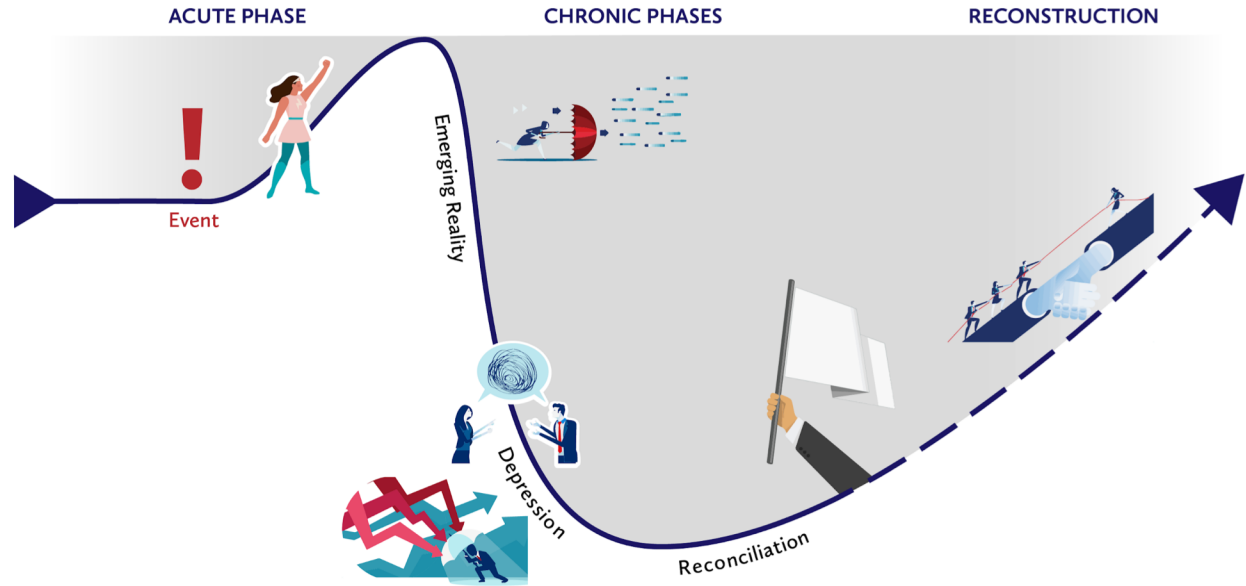


# Group Guidelines

1. Confidentiality
2. A.P.I.
3. Adapt, not adopt
4. The wisdom is in the room
5. Step in / Step up



# The Crisis Curve



# Compassion During Compassion Fatigue

Crisis leaves us low on compassion when we need it most. In fact, we may become more critical during a crisis.

Why?

The compassion we have for others is directly related to how much compassion we have for ourselves.



# Compassion During Compassion Fatigue



During a crisis, the silent critic we all carry around in our heads rages because there is so little we can fix or control.

# Compassion During Compassion Fatigue



## How To Restore Compassion Reserves:

1. Notice the critic and label it “critic.”
2. Stop the story in your head. Move your anger to your chest where it melts.
3. Visualize someone you feel compassion for. Let the emotion grow and grow.
4. Think about someone less fortunate than yourself. List their struggles.



# Insider Tip: Most Anger Is Caused By Unmet Needs



## Most Common

1. Safety
2. Control
3. Respect
4. Recognition
5. Value
6. Success (mastery)
7. Balance

# Community Problem Solving (Masterminding)

## 1. Issue presentation (2 min)

- Give background
- Tell what you've done so far
- What do you need?

## 2. Issue clarification (2 min)

- Few clarifying questions

## 3. Mastermind (8 min)

- Invent first, evaluate second
- Value divergent thinking
- Piggy-back on ideas
- Break paradigms- think outside the box

## 4. Feedback (1 min)

- What did you hear and what are you going to do?
- Quick reminders from the group (in text)



# Closing & Next Week

- Download the chat - Three Dots
- Check you email for a care card and PDF of slides
- Next Week: **Conflict Tools**
- Next week we'll start with ***“Where are friction points that escalate?”***





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