




Making Sense during an uncertain time

A need to CARE





What does toothpaste have to do with today?



Agenda

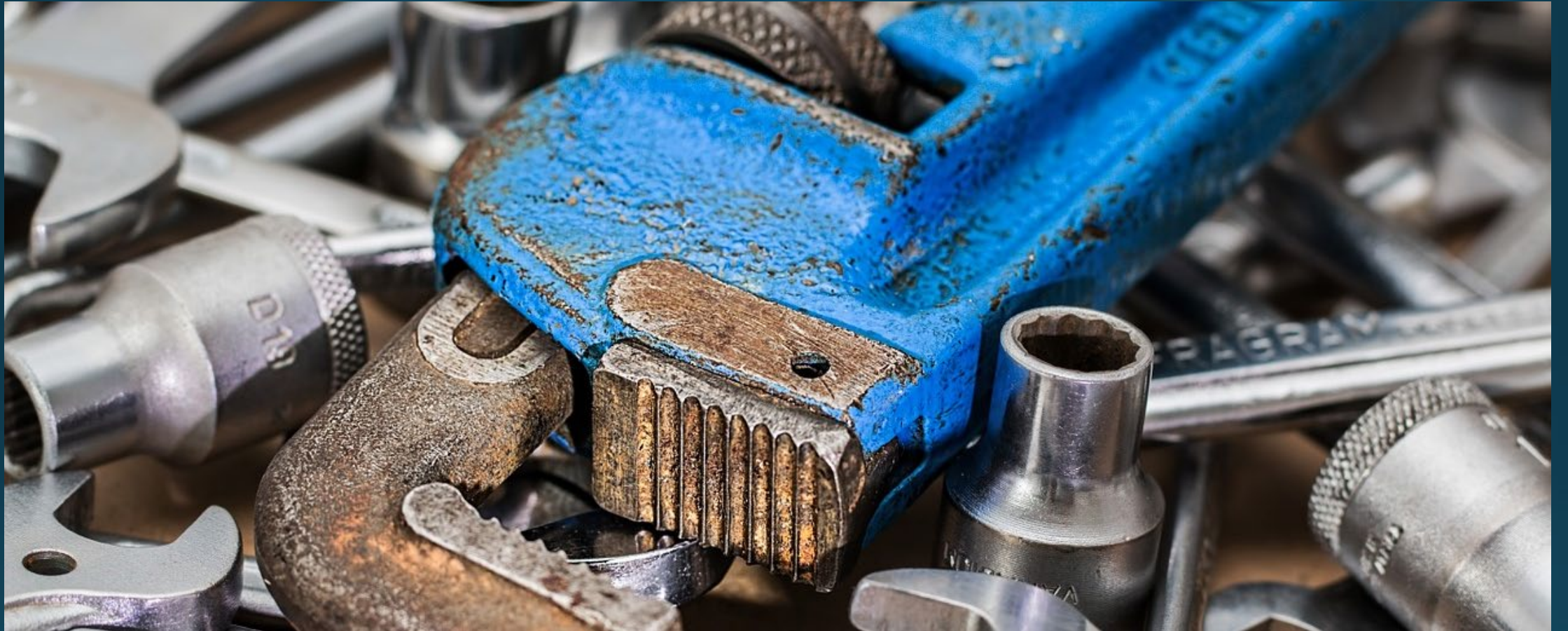
- A little about me – who I am
- Five Core Elements
- CARE
- STARTS with you
- Extraordinary in the ordinary
- Appreciative inquiry
- Final insights



S₁ H₄ A₁ R₁ E₁



Reflect



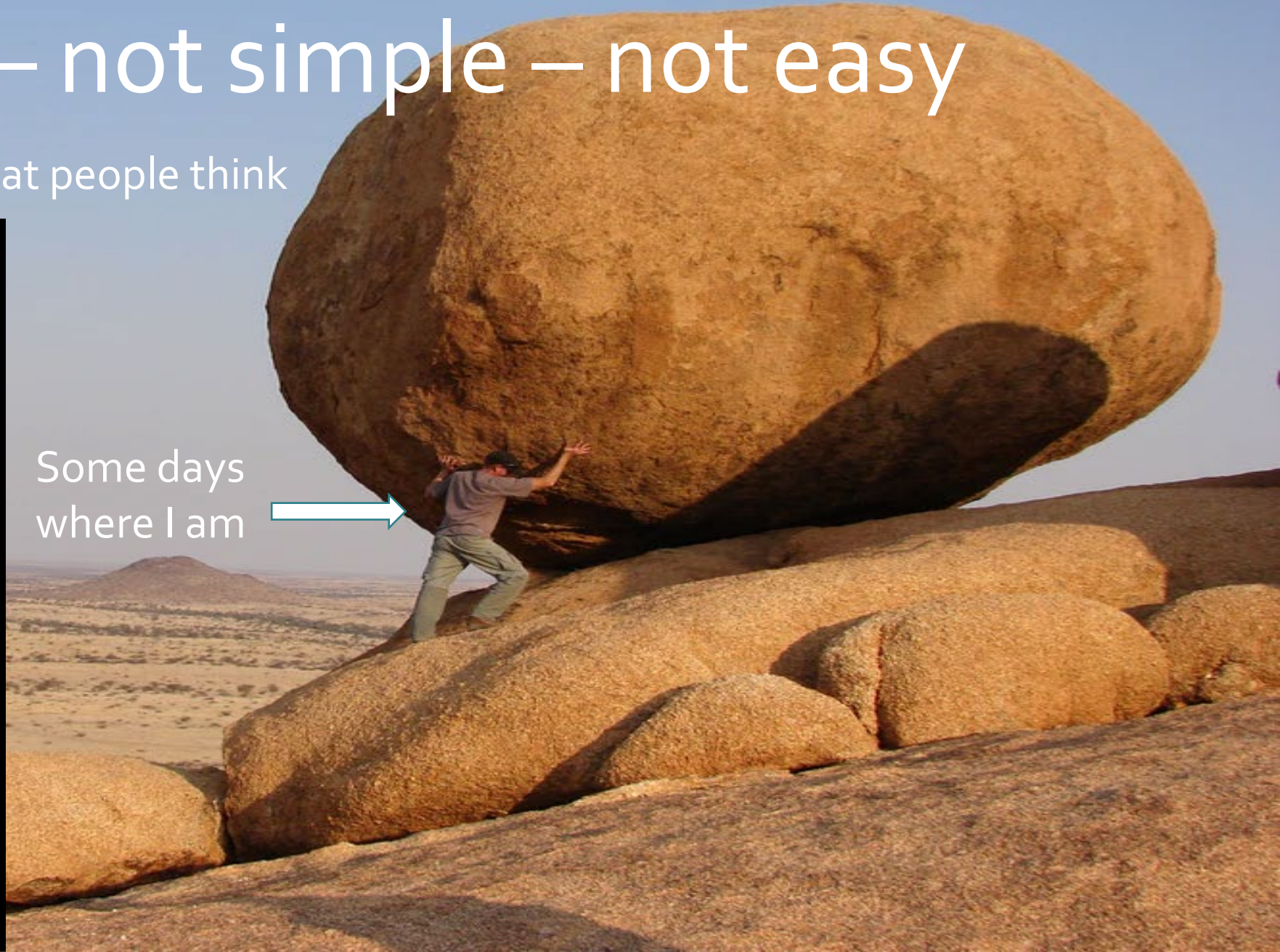
Tools to support you

My world – not simple – not easy

What people think



Some days
where I am





NON-FUNCTIONAL DEMONSTRATION PASSENGER MASK ASSEMBLY
AVOX Systems
AVOX PIN 285-1002

A little about me



Who I am

- Speaker and storyteller
- Author, writer and blogger
- Mentor and coach
- Applied lecture
- Entrepreneur
- Problem solver
- Community activator

THIS

IS WHO

I AM

All helps to make me...

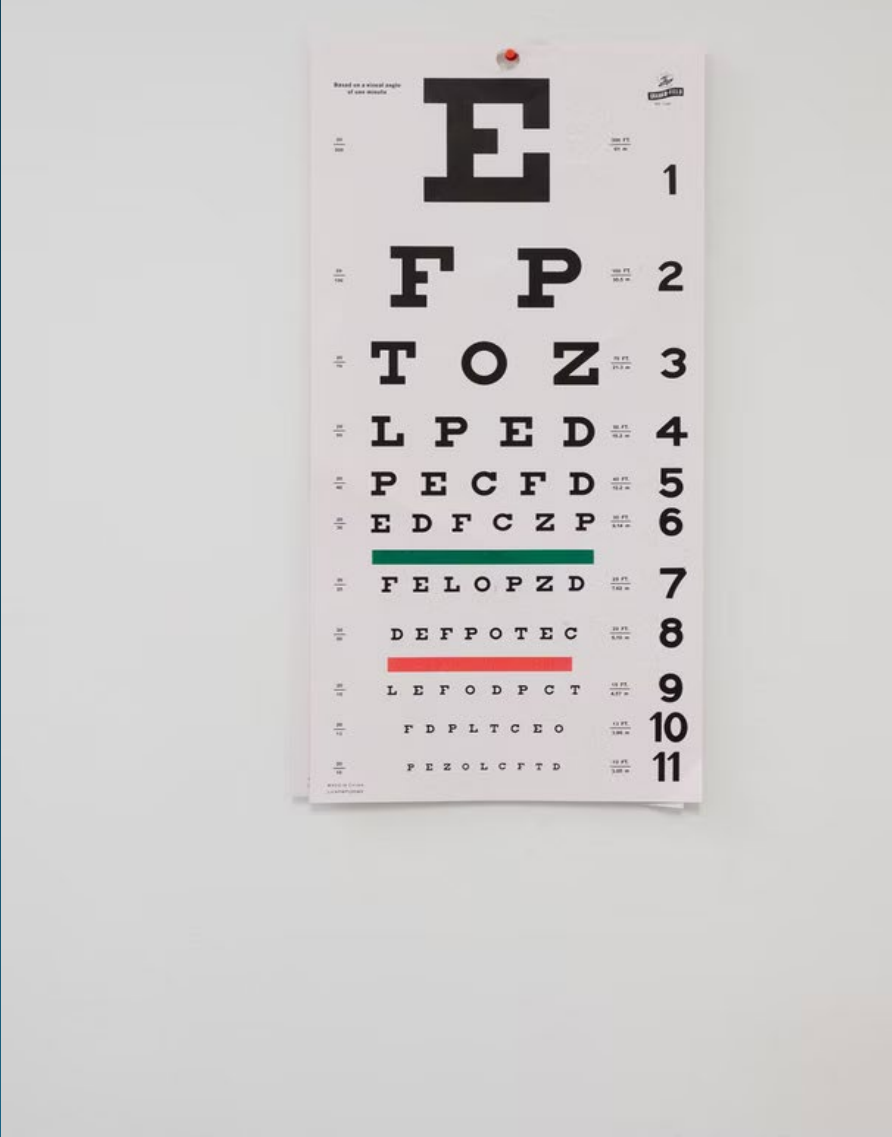


What I am not!



Clarity and balance

- Who not what
- Your stabilizer
- Solid base



5 Core Elements

- Servant leadership
- Storysharing
- Activator/Igniter
- Champion/Enabler
- Community do-gooder



How to realize your Five Core Elements

- Why important?
- Create a foundation
- Reflect on your past
- Narrow focus by asking why
- You can always change the words
- You can then move forward



Where we are





Dealing with COVID

CARE

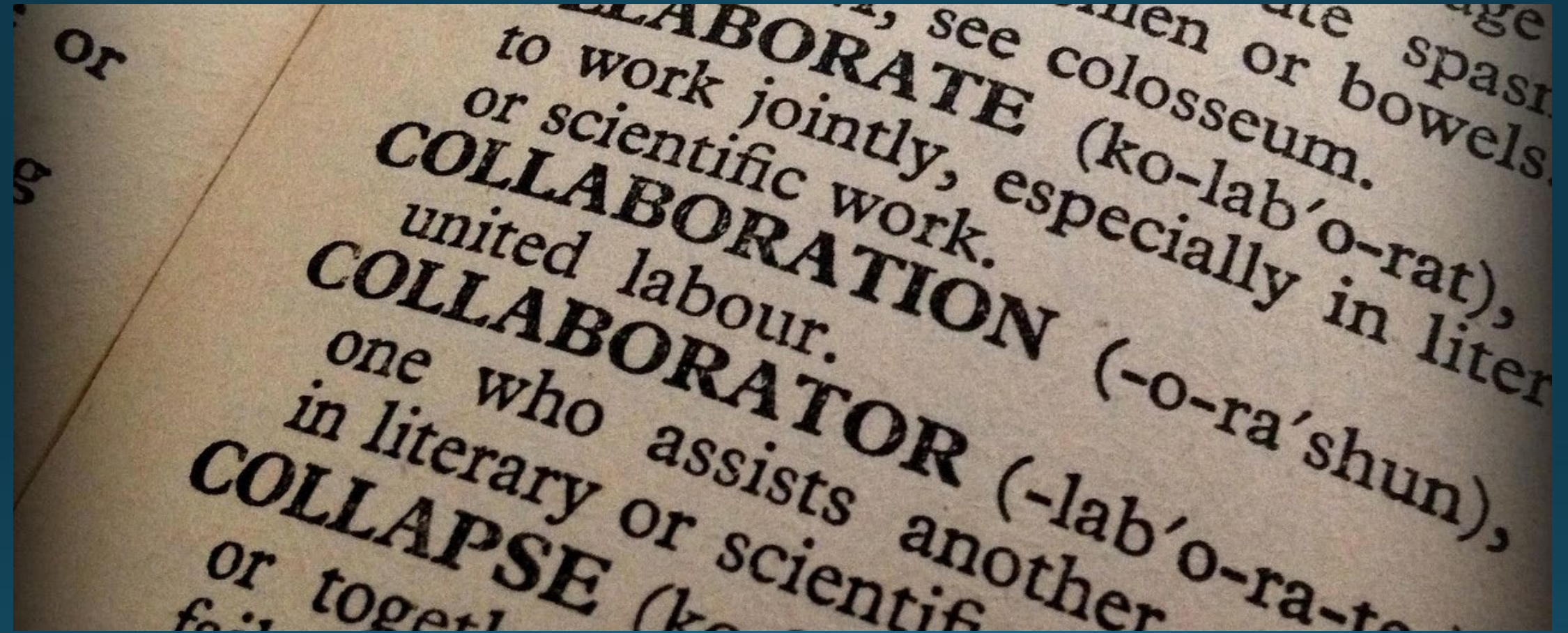


CARE

A sunset over a small island in the ocean. The sky is filled with vibrant orange and red clouds, transitioning to a deep blue at the top. The sun is low on the horizon, creating a bright glow. The island is small and rocky, with a few palm trees on top. The water is calm, reflecting the colors of the sky and the island. The word 'CARE' is written in large, bold, yellow letters at the top center of the image.

Collaboration – Adaptability – Resilience - Empathy

Collaboration – we need each other



Collaborate



- Realize what you hold
- How you can help and how can you be helped
- Pull in your key people – inventory and alignment
- Conversations and opportunities
- Be open and upfront
- Build relationships...even virtually

Adaptability - We must be creative in our thinking to move forward



Adaptability



- Related to collaboration
- Improvise mindset
- Reactive and proactive
- Accept and embrace change
- Learning mindset
- Be supportive of others
- Resourcefulness



Adaptability

- Where we were
- Where we are
- Where are we going


Resilience – a need to continue



Resilience



- Know that we are not in this for the short term...this is a marathon

- 
- A gnarled, weathered tree with sparse green leaves stands on a rocky mountain peak. The tree's trunk is thick and twisted, with many roots exposed on the ground. The background shows a vast, hazy landscape of rolling hills and mountains under a cloudy sky. The overall mood is one of resilience and endurance.
- Acceptance of the environment
 - Defining self – taking control of how to react
 - Lessons learned – a learning mindset
 - Demonstrate gratitude

4 ideas for Building Resilience

Empathy - there is a need for us to show care and compassion



Building empathy indicators

- Think about those in your circle at work, social and family.
- Take a moment to think about their mood over the last few days/weeks.
- Rather than assuming, are there possibly other things going on in their life that you might not be aware of?
- Have you established a level of contact and communication with those around you?
- What could you do or say to improve this person's situation?

A photograph of a light-colored brick wall with three vertical stripes of paint: orange on the left, teal in the middle, and green on the right. The phrase "make people feel loved today" is written in black cursive on the teal stripe.

make
people
feel
loved
today

Building empathy - process

- Be present as people are sharing
- Be an active listener, be present and acknowledge what they are saying
- Hear them out and don't make any assessments and judgements
- Emotions might be at play so acknowledge them and you don't have to agree with them but try and appreciate their situation



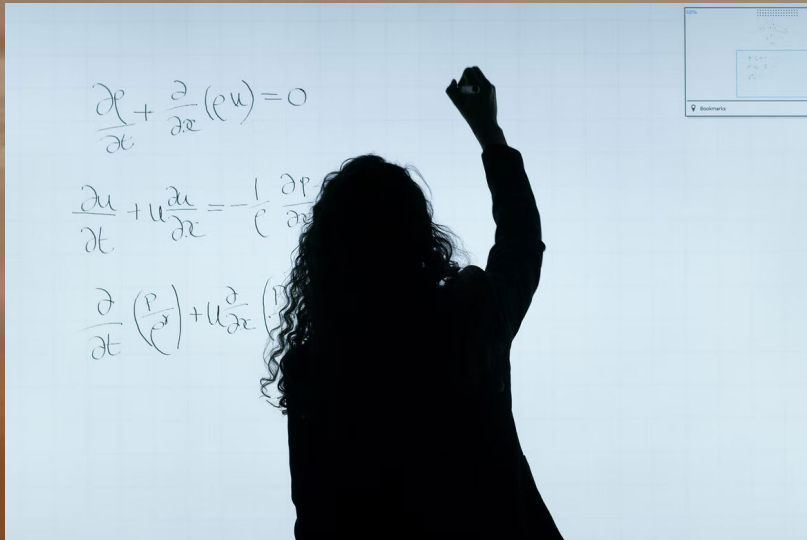
Calm and Sense – Common Sense!



- <http://www.sam-thiara.com/blog/>

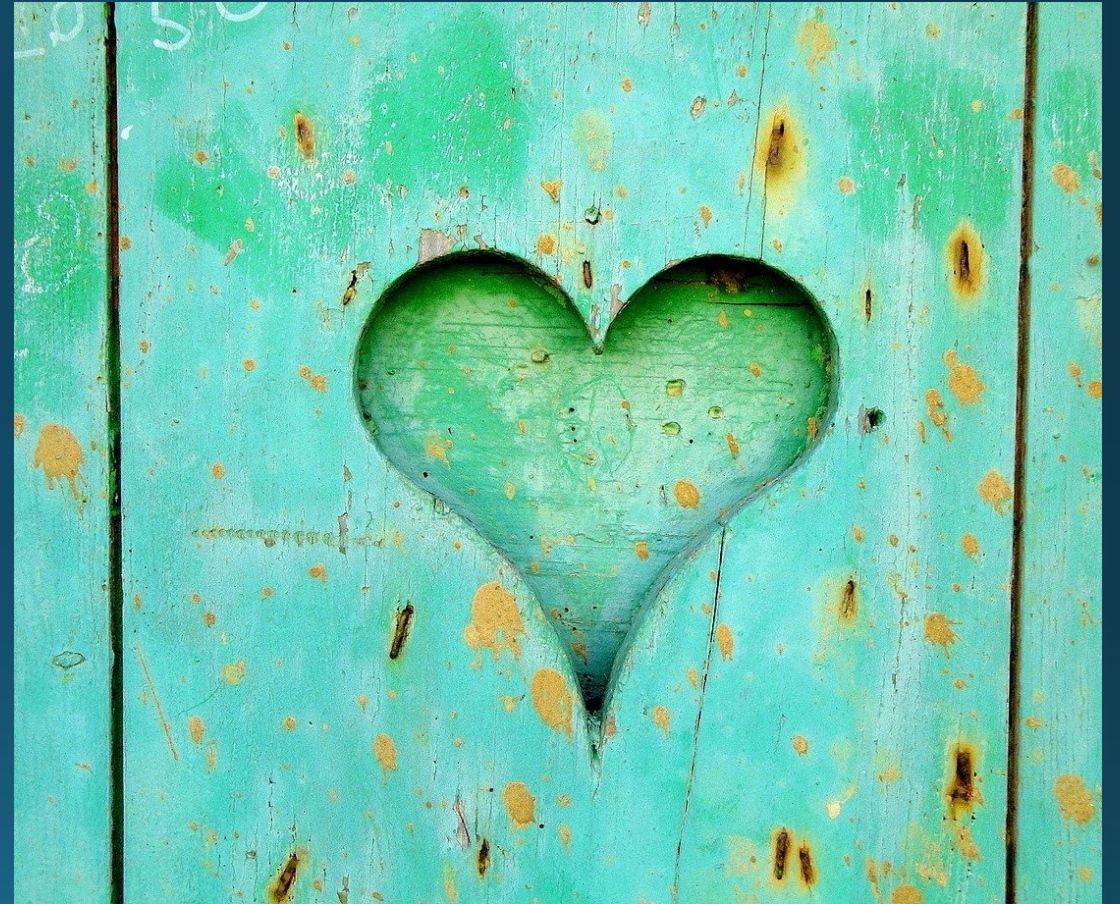


Balance Logical/Emotional



It STARTS with you

- S – Support
- T – Trust
- A – Appreciate
- R – Reflection
- T – Talk
- S - Strength



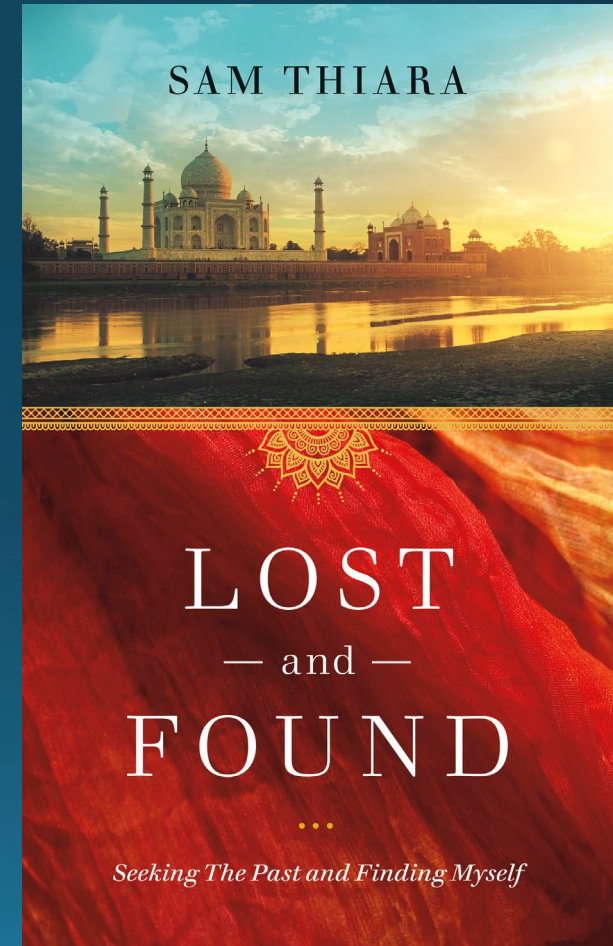
STARTS with you

- S – Support – we create a supportive environment
- T – Trust – out of a supportive environment, trust emerges
- A – Appreciate – difficult times mean we no longer appreciate what is around us
- R – Reflect – take the time to reflect on what the world has to offer
- T – Talk – there is a need to engage in conversation
- S – Strength – with all this coming together, we have a place of strength

What is your outlet?



What is your outlet?



Discovering the extraordinary in the ordinary



Discovering the extraordinary in the ordinary

- C – Curiosity
- A – Appreciation
- R – Reflection
- P – Perspectives
- E - Experience



Appreciative Inquiry



Think about this...

- Problems vs Solution
- Opportunities and possibilities over challenges and obstacles
- CARE applies
 - Curiosity
 - Adaptability
 - Resilience
 - Empathy



Appreciative inquiry principles

- Asset based vs Deficit focused
- Look at what we've got vs Look at what we're missing

A black sign with white text that reads "GOOD VIBES ONLY". The sign is positioned on the right side of the image, partially overlapping a blurred background of what appears to be an outdoor setting with people and structures.

GOOD
VIBES
ONLY

Change – can be unsettling

- Leaving what is known and into the unknown
- Does not have to be epic change – it could be an adjustment
- Need to get support
 - Be transparent
 - Communicate
 - Engage others



Appreciative Inquiry

The background of the slide is a close-up photograph of water ripples. The water is a deep, vibrant blue, and the ripples create a complex, organic pattern of light and shadow. The lighting is warm, giving the water a golden or amber glow, particularly in the crests of the ripples. The overall effect is one of fluidity and natural beauty.

Discover – Dream – Design - Deliver

Discover

- Appreciating the best of 'what is'
- Discovering what works well
- Creating the base



Dream

- Visioning the future of your organization
 - What does the future look like?
 - What situation would you like to pursue
 - How does the future environment look



Design

- The how phase
- The creating phase to implement change



Deliver

- Implementing appreciative inquiry
- Making it stick
- Assigning the tasks and responsibilities and then checking in to make sure things are working

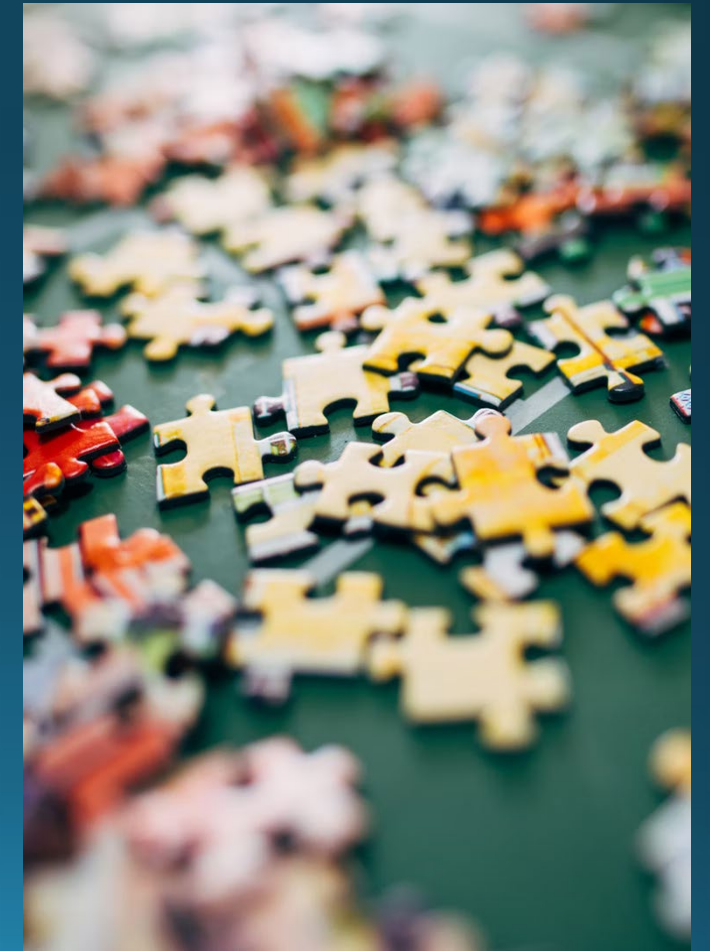


Two insights to leave you with

- Mind Shift



- Connections



What I can control



Mind Shift - Bucket or Candle?



Connecting things together

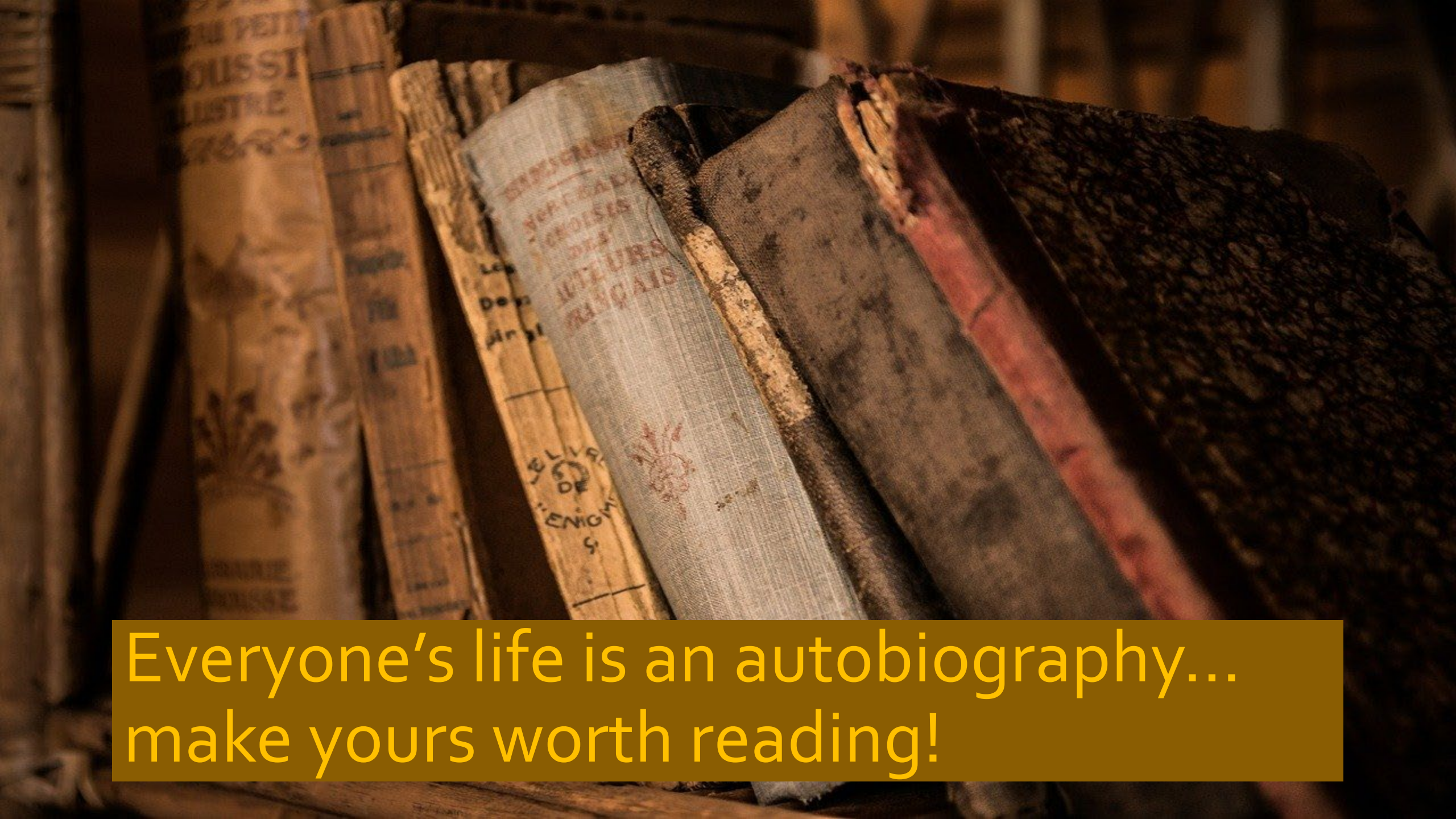


To summarize

- 'Who' not 'What'
- CARE – Collaborate – Adaptability – Resilience – Empathy
- STARTS – Support – Trust – Appreciate – Reflect – Talks – Strength
- Discover the extraordinary in the ordinary
- Appreciative inquiry
- Control what you can

Oh yes – Toothpaste and this session





Everyone's life is an autobiography...
make yours worth reading!

Time for action



Handwritten text in a stylized, cursive script, rendered in red and white, appearing to be illuminated or glowing. The text is written on a light-colored, textured surface, possibly a page or a wall. The letters are thick and have a 3D effect, with shadows cast below them. The overall appearance is that of a neon sign or a highly stylized graphic design.

Sam Thiara



Founder and
Chief Motivating Officer
Ignite the Dream
Coaching and Consulting

 story.share.community@gmail.com

 sam-thiara.com

 [linkedin.com/in/sthiara](https://www.linkedin.com/in/sthiara)

 [samthiara](https://www.instagram.com/samthiara)

 [@sam_thiara](https://twitter.com/sam_thiara)

 www.sam-thiara.com/mywriting/

