



**Building Adaptability,
Resilience & Courage
in the
Face of Change,
Challenge & Opportunity**

NO
NATURE
NO
FUTURE



Confidence is built from the continuous repetition of a novel action which, although uncomfortable, builds familiarity over time.

That has to start with Courage.

You must be brave enough to step out into the void, in the absence of confidence... before you can build confidence in a thing.

Before Confidence Build Courage



Evolutionary adaptation, or simply **Adaptation**, is the adjustment of people to their environment in order to improve their chances of success in new scenarios or to changes to their current situations.

Obviously some people and animals are very adaptable. But unlike the natural world where creatures have to rely on their DNA for adaptation levels, people can learn to be more adaptable because that's our **evolutionary competitive advantage**.

People can change their minds, regulate their feelings and alter their perspective to gain the optimum performance state with which to navigate change and challenges they may face now, and in the future.

Stoic Ideals

Self Awareness - The Greeks believed Self Awareness was the beginning of all wisdom. Sun-Tzu said something similar, 'Know yourself and know your enemy and you will not fear the result of a hundred battles' At the end of the day it is useful to understand what triggers you and what you enjoy doing. But more importantly, understand how you react under pressure and change.

Tempered - It is better to prepare yourself with '*Voluntary challenge*' as opposed to learning adaptability, resilience and courage in hindsight through '*forced resilience*', i.e. experience!

Outside Observer – Always create distance and review how you behaved in situations. This '*helicopter view*' enables greater insight and wisdom.

Idealistic Realist – In challenging situations you're more likely to succeed with radical hope i.e. you are determined to survive the challenge, but do not set unrealistic expectations, think '*Stockdale's paradox*'. Pessimists fail first, but so do optimists with unrealistic expectations.

Courageous Compassion – Helping those in need develops courage and compassion. We collaborated our way to the top of the evolutionary tree. Helping others stops you ruminating on your own troubles and also gives you insights to solving your own challenges.





Find Your Path

We all have our own path to find in life.

Sometimes we could do with help finding what's inside us to do.

Remember, we collaborated our way to the top of the evolutionary tree.

Travel with collaborators whenever possible.



I AM...

Your pathway will be clear when your
Inspiration, Aspirations and Motivations are aligned.

Design and develop your Map & Compass.



Be A Lever of Potential

Archimedes said:

'Give me a lever long enough and a place to stand and I can move the world.'

Leadership and collaboration are the levers, the place to stand is humility.

Change agents must know when and how to lead and collaborate when required. Neither behaviours are an identity, so remain flexible and open.



Generational Generosity

How can you think long-term and positively impact the generations to follow?

The Iroquois community ask how their decisions will affect seven generations from now. If you're looking for purpose, what better than to strive to protect future generations so they can live in a more sustainable, socially just and spiritually satisfying life



Relationships

Humans have been collaborating, adapting and solving problems together since they first appeared on the planet. The present technological mindset has disconnected us from the natural world and each other. We need less stuff and more relationships. We need to return to nature if we are to overcome the meaning crisis that is unfolding.



Indomitable Spirit

Without doubt, the future will be filled with challenge, change and opportunity.

As the winners of the *compete and control* paradigm, pull up the drawbridges of their technological castles, much as hierarchical people have done throughout history, the people will look to the peaceful warriors to protect and care for them.

The warrior, for us, is one who sacrifices himself for the good of others. His task is to take care of the elderly, the defenseless, those who cannot provide for themselves, and above all, the children - the future of humanity.

— Sitting Bull, Hunkpapa Lakota Sioux

Courage, compassion and curiosity balanced with clarity of purpose will help lead us into a *creative and collaborative*, brave new world.



DEAD VS LIFE

Mastery of Both Worlds

It will be essential for the Stoic Pilgrims who venture into a brave new world, to be able to survive in this dying paradigm, whilst they regenerate a planet on which to thrive. They will have to see through false dichotomies, of left and right, technology or nature. It appears that we'll need to be able to understand both in order to thrive in the future.



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For more information regarding Stoic Pilgrim programmes which explore Adaptability, Resilience and Courage in the face of change, challenge and opportunity, get in touch with the details below.

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